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Smith -

*Curiosities of common water.*

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CURIOSITIES OF COMMON WATER



OF RESISTANCE

COMMON OF WATER

THE NATIONAL ASSOCIATION

PREVENTION AND CURE OF DYSPEPSIA

THE NATIONAL ASSOCIATION OF WOMEN, WHICH IS THE ONLY ORGANIZATION OF WOMEN IN THE UNITED STATES, HAS ADOPTED THE FOLLOWING RESOLUTIONS:

BY JOSEPH WHITE, C. M.

RESOLUTIONS OF THE NATIONAL ASSOCIATION OF WOMEN, WHICH IS THE ONLY ORGANIZATION OF WOMEN IN THE UNITED STATES, HAS ADOPTED THE FOLLOWING RESOLUTIONS:

FROM THE NATION'S ASSOCIATION OF WOMEN

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THE NATION'S ASSOCIATION OF WOMEN

1841

CURIOSITIES  
OF  
COMMON WATER:

OR,  
THE ADVANTAGES THEREOF IN  
PREVENTING AND CURING MANY DISEASES.

GATHERED FROM  
THE WRITINGS OF SEVERAL EMINENT PHYSICIANS, AND ALSO  
FROM MORE THAN FORTY YEARS' EXPERIENCE.

BY JOHN SMITH, C. M.

TO WHICH ARE ADDED

Some Rules for Preserving Health by Diet.

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That's the best physic which doth cure our ills  
Without the charge of 'pothecaries' bills.

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FROM THE FIFTH LONDON EDITION, 1723.

WITH ADDITIONS BY JOEL SHEW, M.D.

STEREOTYPED.

NEW YORK:  
FOWLERS AND WELLS, 131 NASSAU STREET.

LONDON:  
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1851.

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## P R E F A C E.

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It is sometimes said by objectors to the modern water-cure, that the system is no new thing; that water has always been regarded as one of the best of all remedial agents; and that therefore it is a fallacy to set up a claim for a new system, the great remedial agent of which is as old as any other known. But it need only be remarked in reference to this pretended objection, that every advocate of the modern water-treatment claims for water *antiquity in its use*. The objection, therefore, has no weight.

The following work, copied from the fifth London edition, of 1723, is a proof that the virtues of simple water were better known at that period than at a much later date. The work is a valuable one, and in the hands of our energetic publishers, will be the means of doing at least some good, which is more than can be said of a majority of books now-a-days published.

The additions we have made are included in brackets, and may thus be easily distinguished from the body of the original work.

With the full belief that this work will prove useful to many who are personally interested in the subject of health, it is given to the American public.

J S.

NEW YORK, 1849.



THE  
CURIOSITIES OF COMMON WATER.

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FOR the benefit of mankind in general, I have taken pains to give the world an account of what I have found written in the works of the most eminent physicians, concerning the good that mankind may receive from the use of common water; and of the information I have had concerning the benefits thereof from others by word of mouth; and of what I have discovered by my own experience, from frequent trials during a time that hath intervened from that of thirty to seventy-four years of age; which is sufficient to confirm the stupendous effects thereof in many particulars, that shall be mentioned as my own discovery with respect to this excellent remedy, which will perform cures with very little trouble, and without any charge, and is also to be had wherever there are any habitations, which is what can hardly be said of any other thing. So that in some sense, water may be truly styled an universal remedy, since the diseases it either prevents or cures may have this remedy applied to all persons, and in all places where men do inhabit.

EXCELLENCY OF WATER.

The first commendation of common water that I shall mention, is that which is written concerning it by Dr. Manwaring, in his Method and Means of enjoying



Health, wherein he saith, that water is a wholesome drink, or rather the most wholesome, being appointed for man in his best state; which doth strongly argue that drink to be the most suitable for human nature, answering all the intentions of common drinks, for it cools, moistens, and quencheth thirst; it is clear, thin, and fit to convey the nourishment through the smallest vessels of the body, and is a drink that is a rule to itself, and requires little caution in the use of it, since none will be tempted to drink of it more than needs; and that in the primitive ages of the world, water-drinkers, he says, were the longest lived by some hundreds of years, nor so often sick and complaining as we are.

Dr. Keill, when he treats concerning the stomach, in his Abridgment of the Anatomy of Human Bodies, saith, that water seems the fittest to promote digestion of the food which we eat; all spirituous liquors having a property by which they hurt rather than help digestion, the sad effects of which they are sensible of, he saith, who, by a long use thereof, have lost their appetites, hardly ever to be restored without drinking water, which seldom faileth of procuring a good appetite and a strong digestion. With which Dr. Baynard does agree in that affirmation, "that water liquefies and concocts our food better than any fomented liquor whatever."—*Hist. of Cold Bathing*, p. 440.

Dr. Prat, in his Treatise of Mineral Waters, shows it to be his judgment, that if people would accustom themselves to drink water, they would be more free from many diseases, such as tremblings, palsies, apoplexies, giddiness, pains in the head, gout, stone, dropsy, rheumatism, piles, and such like; which diseases are most common among them that drink strong drinks, and

which water generally would prevent. Moreover, he also saith, that water plentifully drank, strengthens the stomach, causeth an appetite, preserves the sight, maketh the senses lively, and cleanseth all the passages of the body, especially those of the kidneys and bladder.

It is also said by Dr. Duncan, in his *Treatise of Hot Liquors*, that when men contented themselves with water they had more health and strength; and that at this day those who drink nothing but water are more healthy, and live longer than those who drink strong liquors, which raises the heat of the stomach to excess, whereas water keeps it in a due temper. And he adds in another part of the book, that by hot liquor the blood is inflamed; and such whose blood is inflamed live not so long as those who are of a cooler temper. A hot blood being commonly the cause of fluxes, rheums, ill digestion, pains in the limbs, headache, dimness of sight, and especially of hysteric vapors. He also imputes the cause of ulcers to a hot blood, and declares, that if men kept their blood cool and sweet by a moderate and cooling diet, they would never be troubled with ulcers or other breakings-out. Which coolness of the blood will be well performed by drinking a large draught of water in the morning, which will carry off the bilious and salt recrements by urine. And if water is drank also after dinner, it will cool a hot stomach, and prevent the rising of those fermentations which cause winds and belching after meat, so that if persons who are liable to these disorders, will leave off strong liquors and a hot diet, and drink water, they will procure better health to themselves than they had before.

Sir John Floyer, also, in his *Treatise of Cold Baths*, does affirm (p. 109, edition 5), that water-drinkers are

temperate in their actions, prudent, and ingenious ; they live safe from those diseases which affect the head ; such as apoplexies, palsies, pain, blindness, deafness, gout, convulsions, trembling, madness ; and the drinking of water cures the hiccough, fœtor of the mouth, and of the whole body ; it resists putrefaction, and cools burning heats and thirsts, and after dinner it helps digestion. And if the virtues of cold water were seriously considered, all persons would value it as a great medicine, in preventing the stone, asthma, and hysteric fits ; and to the use of this children ought to be bred up from their cradles. And in page 434 he saith, that as water is in chief the universal drink of the world, so it is the best and most salubrious. And in page 437, that he hath known where a regular drinking of spring water hath done considerable cures, by washing off the acrid, scorbutic salts from the blood, and strengthening the coats and fibres of the stomach and bowels, and hath brought on a good appetite and strong digestion.

[Sir John Floyer also says : “ That good pure water has a *balsamic* and healing quality in it, I could give many instances, as well externally in curing wounds, as internally in ulcers, excoriations, etc., for I once knew a gentleman of plentiful fortune, who by some accident fell to decay, and, having a numerous family of small children, while the father was a prisoner at the King’s Bench, his family was reduced almost to want, his wife and children living on little other than bread and water. But I never saw such a change in six months, as I did in this unhappy family ; for the children that were always ailing and valetudinary, as with coughs, king’s evil, etc., were recovered to a miracle, looked fresh, well colored, and lusty, their flesh hard and plump.”]



Having read over an old book, written by one Sir Thomas Elliot, entitled *The Castle of Health*, he there declared from his own experience, that in the county of Cornwall, though it was a very cold quarter, the poorer sort, which in his time did never, or but very seldom, drink any other drinks but water, were strong of body and lived to a very great age; to which relation that of Sir Henry Blount is very agreeable, who affirmed in his book of *Travels into the Levant* (where, under the Turkish government, the use of wine was forbid, and where the common drink is water), that he then had a better stomach to his food, and digested it more kindly than he ever did before or since.

And in the *Treatise of the Vanity of Philosophy*, written by Dr. Gideon Harvey, it is affirmed by him, that it is not heat that causeth a good digestion, but a proper ferment, or liquor, provided by nature, to dissolve the food into a substance like unto pap made with fine flour, which dissolvent, he saith, is much depraved by hot spirituous liquors; and therefore he commends water above all other drinks to promote digestion.

[Hahn, a German physician, says: "Water does not, as some suppose, weaken the stomach, but increases the appetite, as may be seen by the larger quantity of food taken at meals. Those who make this assertion contradict themselves; for a debilitant stomach requires a less, and not a larger quantity of food. Others imagine that by drinking water they lose their color and flesh. Even if this were the case, and they did become a little paler and thinner, such a loss is not to be compared with the general improvement of health which is obtained thereby. It yet remains to be shown, whether a protuberant stomach, with swollen, flabby, puffed-out cheeks, is to be

preferred to a more slender shape, and a thinner face ; or whether the rude country glow of health, with rosy cheeks, is not to be preferred to that pale and sickly hue so much admired by people of fashion. But water-drinkers generally retain their flesh and healthy color. A few, however, who had swollen, flabby, or spongy flesh, and therefore unhealthy, have in appearance become thinner, and lost their puffiness, having exchanged it for a firm and compact flesh, therefore healthy. Those who, from the use of ardent spirits and thick, glutinous beverages, as beer, brandy, etc., have got reddened, violet copper-colored faces, have not by drinking water become pale, but have exchanged their violet or purple redness for a more natural color. Every man, I think, ought to be satisfied with such a change."

Dr. Cheyne, of Dublin, says : " I had once the opportunity of inquiring into the habits of the workmen of a large glass factory. They generally wrought from twenty-four to thirty-six hours at a time, according as the furnace continued in a proper state, and I found during this time, which was technically called a journey, that to supply the waste caused by perspiration, they drank a large quantity of water, in the quality of which they were very curious ; it was the purest and softest water in the district, and was brought from a distance of two miles. There were three men out of more than one hundred, that drank nothing but water ; the rest drank porter or ardent spirits. The three water-drinkers appeared to be of their proper age, while the rest, with scarcely an exception, seemed ten or twelve years older than they proved to be."

The editor of the London Lancet, about four years since, said : " If we could always persuade a patient

who consults us for the first fit of the gout, to drink water for the rest of his life, to take exercise, and to diminish by half the amount of animal food he is in the habit of taking, there would be but little chance of a return of the attack."

Zimmerman, the author of the well-known work on Solitude, and physician to Frederick the Great, king of Prussia, strongly recommended water. "Water," says he, "does not chill the ardor of genius." He instances Demosthenes, whose sole drink was water. "Pure soft water is the most suitable drink for man."]

#### GOUT AND HYPOCHONDRIAC MELANCHOLY

Water-drinking is also said by Dr. Allen to be good to prevent two deplorable distempers; the gout and the hypochondriac melancholy. For, says he, the gout is generally caused by the too great drinking of fermented liquors, and is never said to have assaulted any drinker of water; and he saith also, that melancholy hypochondria is kept off longest by drinking water instead of strong drink. To which let me add, that I once knew a gouty gentleman, who, to avoid his drinking companions in London, retired to New Brentford, where I then lived; in which town, by a very temperate diet of one meal a day, and drinking only water, he lived two whole years free from pain. But being visited by one who came that way, and invited to drink but one bottle of claret between them, he fell next day into a terrible fit of the gout, which held above a month after; of which being recovered, he, by the same course, continued well till I left the place, which was about a year and a half after.



## WATER PREVENTS THE GRAVEL.

The good properties of water are further manifested in preventing the breeding of gravel in the kidneys; for Zechias, in Consult. 17, as he is quoted by Salmon, affirms, that nothing does so much abate the heat of the kidneys, and free them from those recrements which cause pain in the back, one great sign of gravel, as water does; but he adviseth to drink it warm, by the use of which, he saith, the unnatural heat in time will be so extinguished, that no more of that matter causing gravel will be produced in the body. Which assertion by experience I have found to be true; for observing much gravel to be voided by me, as also abundance of matter floating in the urine like bran, with a great number of recrements like cuttings of hair, some above an inch long, which substances were found in all the water that I made in above twelve months, for which I could get no remedy, I was advised to drink water, which in about half a year did entirely free me from those symptoms, which some out of ignorance imputed to witchcraft, so that from that time to this present I never have been troubled with it.

## STONE IN THE BLADDER.

Water also is commended as efficacious to prevent the breeding of the stone in the bladder, for it hath been observed that in some who have been cut for the stone, that new stones have been engendered, so that some young persons have been cut several times. Now to prevent this, the drinking of water hath been advised with success; for by this that intemperate heat in the body



was abated, which did occasion the distemper. Some have advised to drink it warm, and others cold, and in particular, Van Heydon, a physician of Ghent, in Flanders, in his book, entitled "Help for the Rich and Poor;" which, he saith, in p. 49, is sufficiently insinuated by Piso and Alexander, who do assure us, that the taking a draught of cold water in the morning hath done so much good, that several, after the voiding of a stone, never had any more stones grow in them.

Which experiment may give light to the discovery of a way to cure the stone without cutting; for if the growing of new stones can be prevented by drinking water, let it be hot or cold, it may prevent a stone from growing bigger when begun; and if the adding matter to increase a stone new begun, can be prevented, nature in time may waste that which is begun, especially if some drops of sweet spirit of nitre be added to all the water drank, which will powerfully help to cool, and is known to be an admirable mover or provoker of urine, and will waste a stone, and make it crumble like fuller's earth, if applied to a stone taken from the body. Or the water may be sweetened with honey, which is now much in use among the gentry, as I am informed by an ingenious apothecary; who told me that among them at present, pump-water and honey was in great repute to give ease in gravel: and there is so near an affinity between gravel and the stone, that what is proper for one will be suitable to both, and will prevent the growing of both.

## WATER BENEFICIAL IN CHILD-BEARING.

Water is also styled in Sennertus's works, the balsam of children, the drinking of it by the mother being one of those things whereby children may be strengthened in the womb, and will prevent those injuries that are done them by drinking strong liquors ; which Sampson's mother was not allowed to do, for she was commanded not to drink wine or strong drink.—Judg. xiii. 4. But I will not say, if all women should do this, their children shall be as strong as Sampson was ; yet this I will say, if they would do this, they would find their children more free from diseases and frowardness, and so much more easy to nurse and bring up, and be less liable to an immature death ; the want of which abstinence from strong drinks is the cause why so many rich people find it hard to bring up children, in comparison to what is done by the poor ; for these last are born of mothers who not only are prevented from being gluttons by their want of dainties, which are deceitful meat (Prov. xxiii. 3), but they seldom taste wine or strong drink ; whereas, the rich not only feed high, but they also drink strong drinks, which in most constitutions do overheat and corrupt the humors of the body, and that blood by which their children are nourished during pregnancy. Which injury to unborn infants would be prevented, if the mother would be temperate in diet, and drink water, especially at meals, by which the blood of the mother would be kept cool and clean ; which must needs communicate a healthful substance to the child within her, and prevent all those distempers which infants do bring with them into the world.

## WATER INCREASES MILK IN WOMEN.

And here it may be proper to add, what by divers experiments hath been found to be true, that the drinking water by nurses while they give suck to children, will wonderfully increase milk in those that want it, as every one will find, who can be persuaded to make use thereof. I have advised many to make use of it, who have found that by drinking a large draught of water at bed-time, they have been supplied with milk sufficient for that night, when before, they wanted it and could not be supplied by any other means: and besides, they who have found their children restless, by reason of too much heat in their milk, do find them much more quiet after their milk is cooled by water-drinking.

## WATER STAYS HUNGER.

By drinking water also, the want of food for a time may be suffered without starving; for I have been informed by a credible friend, who was an officer at sea, that being sent down to Stafford to take care to see some men conveyed on shipboard, that had been pressed by act of Parliament for the sea-service, he found in the prison where they were kept, a lusty fellow, who had declared he would starve himself rather than go to sea; and taking particular notice thereof, he found upon due inquiry, that for twenty days he had refused to eat any manner of food, only he drank each day about three pints or two quarts of water, hoping thereby to get himself discharged: but when he found his pretensions to be in vain, and that in about two days they should all march for London, he condescended to eat some food,



beginning with a little, and in the march he was observed to travel as well as the best man. I find also an account in Dr. Car's letters, of a certain crack-brained man, who, at Leyden, when the doctor resided in that university, pretended he could fast as long as Christ did; and it was found that he held out the time of forty days without eating any food, only he drank water and smoked tobacco. And I once had a sad complaint from a poor old woman of the greatness of her want, affirming that oftentimes she had not eaten any food for two or three days; upon which I asked her, if she did not then suffer much uneasiness in her stomach? She said she did; but found a way at last to assuage her hunger by drinking water, which did satisfy her appetite.

[The living body may be compared to a perpetual furnace, which has a tendency constantly, by evaporation, to become dry. Its natural temperature internally, 98° Fahrenheit, is much above that of the surrounding objects of nature, and hence this result. If all food and water are for a length of time withheld from the animal, he becomes parched and feverish; in a few days, at most, delirium supervenes, and if the experiment be continued any considerable time, death is the inevitable result. A human being dies in about three weeks without food or water; but if the indication of thirst is answered by a free supply of pure soft water, the individual lives more than twice that length of time.

In the "Transactions of the Albany Institute," for 1830, Dr. McNaughton relates the case of one Reuben Kelsey, a religious maniac, twenty-seven years of age, who lived on water alone for fifty-three days. The first six weeks he was able to walk out every day, and sometimes spent a great part of the day in the woods.



His walk was said to be steady and firm, and his friends even remarked that his step had an unusual elasticity. He shaved himself until about a week before his death, and was able to sit up in bed to the last day. And in the Boston Medical and Surgical Journal, Dec. 13, 1848, Dr. W. V. Edmonson, of East New Market, Md., gives an account of a gentleman of that vicinity, aged eighty-five years, who had lived, eschewing all nourishment except air and water, for forty-three days and five hours. His bowels were moved the first twenty days, once; the next fifteen days, twice; the remaining eight days, three times. He had been indisposed some ten days prior to the period of fasting. He was a man of industrious habits, frugal, and temperate.]

## WATER STRENGTHENS WEAK CHILDREN.

Water is also of great use to strengthen weak children, for we are informed by Dr. Joseph Browne, in his treatise of cures performed by cold baths, that the Welsh women do preserve their children from the rickets, by washing them night and morning in cold water, till they are three quarters of a year old (p. 79). And it is said by Sir John Floyer, in his treatise of cold baths, that a lady in Scotland, who had lost several children through weakness, did, by the advice of a highland beggar woman, preserve those she had afterward, by washing them daily in cold water. And I myself did advise a neighbor, whose child began to be rickety, to treat the child in the same manner; but she, instead of washing, dipped it over head and ears every morning, it being then in the summer time: the event of which was, the child became strong, and had a good countenance,

though before, it was in the face very pale and wan. Which shows how great the power of water is, when used outwardly to invigorate the spirits, and strengthen nature.

[Sir John Floyer says: "It is a Welsh saying, '*that no child has the rickets unless it has a dirty slut for a nurse.*'"

Sudden cold immersions, in cases of infants and children suffering from rickets, was long a favorite remedy with the English. Dr. Baynard wrote, in 1706, as follows, concerning the *causes* of rickets: "As to the rickets, it was a distemper in England almost worn out, but now it begins to come in play again. But in the time of King Charles I., it was almost epidemical, few families escaping it; especially those that were rich and opulent, and put their children out to nurse; where, through unnatural usage, and vicious, disagreeable milk, the infant was soon spoiled by contracting from the drunken nurse, cacocymious juices; hence, with the growing infant, grew up the boot fashion for the men, and long coats for the women; for they were so ashamed at their crooked legs, that they wore boots to hide them. And this beginning at court (among the gentry), the straight-legged fools must follow the fashion, and wear boots too, with great boot-hose tops of fine linen, laced, etc., and jingling spurs, which gave occasion to the then witty Spanish ambassador at his return home, to jest upon our follies; for being asked by his master, the Spanish king, if London were a populous city? he answered it was. 'Was?' replied the king; 'why, is it not so now?' 'No,' quoth the ambassador, 'I believe they are gone ere this, for they were all booted before I came out of town.'

"These nurses spoil and destroy, through neglect and

want of (true mother) tenderness, two thirds of the poor infants committed to their care. A very pious and good man, minister at this time of a certain town not far from London, on the banks of the river of Thames, told me, with a great deal of sorrow and concern, that it was the greatest trouble he had in the world to see, even in his own parish, how many children were sacrificed yearly to the barbarous treatment and ill usage of their nurses, what with bad milk of their own, and feeding the young infant with mixed meats and drinks, as yeasty new ale, or stale beer, etc., which makes it puke, or gives it the gripes, from green, porraceous bile, etc. Then it has the worms, forsooth, and must be physicked the nurse's way, by some neighboring drunken old woman, or favorite quack or apothecary, who vouches for the nurse's care, that its time was come, and no more could be done; and this dismal alarm is posted to the parents two hours after it is dead, to haste down, the child being suddenly taken very ill, and that usually when it is overlaid, or choaked with hard bandage, etc. Down comes madam, the mother, furbelowed, with an erected rump (crying and bellowing), and running about half mad, like a cow stung with a gad-fly, and with her maid laden with pots, glasses, Venice-treacle, goody Kent's powder, goat-stone, black-cherry-water, etc. And after her, Easie, her husband, with a coach-and-four, and perhaps a brace of doctors, or some famous child's apothecary, etc. And thus the parents are kept in the dark, and the murder of their children stifled, when all this might have been avoided, by bringing the child up by hand, at home, under the mother's eye, if through weakness, or want of milk or good nipples, she could not nurse it herself."]



## SWELLINGS FROM BRUISES.

It is also a known custom, to prevent the swellings that follow bruises in the faces of children, by immediately applying thereunto a linen cloth, four or six times double, dipped in cold water, and new dipping it as it begins to grow warm; for the cold repels or prevents the flowing of humors to the part, which otherwise would cause great swelling, and after turn blackish. And if, upon neglecting to do so, a swelling should succeed, it may be discussed by fomenting night and morning, for an hour at a time, with water as hot as can be endured; for that will give vent to the humors to transpire through the skin, or dissolve them, so as to make them capable of returning back.

## SICKNESS AT THE STOMACH AND VOMITING BY WATER.

Moreover, by means of water all sickness at the stomach may be cured, which is done thus: Take four quarts of water, make it as hot over the fire as you can drink it; of which water let a quart be taken down at several draughts; then wrap a rag round a small piece of stick, till it is about the bigness of a man's thumb; tie it fast with some thread; and with this, by endeavoring gently to put it a little way down your throat, provoke yourself to vomit up again most of the water; then drink another quart and vomit up that, and repeat the same the third and fourth time. You may also provoke vomiting by tickling your throat with your finger, or the feather-end of a goose-quill; but the cloth round a skewer maketh one vomit with most ease, which is

done with no trouble when the stomach is full. And by this way of vomiting, which will be all performed in an hour's time, that vicious and ropy phlegm in the stomach, which causeth the sickness, will be cast up, so that the party in that time will be free from all that inward disturbance, if you use the remedy at first; but if the sickness hath continued for a time, it will require the same course once or twice more, which may be done in three or four hours, one after another, without any other inconvenience, besides that of being a little sore in the breast the next day, which will soon go off by the force of nature. Which remedy, by forty years' experience, I look upon to be infallible in all sickness at the stomach, from what cause soever, and for all pains in the belly which seem to be above the navel; for these are all in the stomach, as by long experience I have found: which pains are generally counted the colic; but it is not so; for true colics are always below the navel, in the large intestine, or colon. And by this means I have eased very great pains, caused by eating muscles that were poisonous; and it is also a certain cure for all surfeits or disorders that follow after much eating; so that the lives of multitudes might be saved by this means, who, for want of expelling what offends, do often die in misery. For, by thus cleansing the stomach at the first, the root of diseases proceeding from surfeiting, or unwholesome food, or any vicious humors from a bad digestion, are prevented; the stomach being the place in which all distempers do at first begin. No man was more subject to sickness than myself before thirty years of age; but since I found out the way of vomiting with water, which is now above forty years, I never have been sick for two days together; for when I find myself ill to any

great degree, I betake myself to this way of vomiting, which in an hour's time restores me to ease, and perfectly removes my illness. And the same benefit all my family find in it, as do others also, whom I can persuade to try the experiment; which is such, that no physician whatever can advise a better to the king himself, should he fall sick. For, in the first place, it is not a nauseous remedy—it does not make the patient sick, as the best of all other vomits do; and then it is a vomit which is at our own command, since we can leave off when we please; and it infallibly works a cure to all sick stomachs.

Some few, indeed, pretend they are not able to vomit by this means. Now, if they cannot vomit, let them take a pint of water, when they find themselves ill from eating, and do so every three or four hours, eating no more till they are hungry; and they will find the water digest and carry off what was offensive. The ingenious Dr. Cheyne, in his *Treatise of the Gout*, doth affirm, that warm water drank freely in a morning fasting, and at meals (and I say cold water is as good), hath been a sovereign remedy for restoring lost appetites, and strengthening weak digestions, when other more pompous medicines have failed. And he adviseth gouty persons, after excess either in meat or drink, to swill down as much fair water as their stomachs will bear, before they go to bed, whereby they will reap these advantages—either the contents of the stomach will be thrown up, or both meat and drink will be much diluted, and the labor and expense of spirits in digestion much saved. And indeed I have found, by long experience, that nothing causeth so good a digestion as fair water; but this requires time to free us from the uneasiness that an



ill digestion causeth, whereas vomiting is an immediate remedy, and frees a man from it upon the spot.\*

\* At sea, on our homeward passage from England, ship *Switzerland*, Captain E. Knight, November 29th, 1846, I was informed that Mrs. W——, a worthy English woman, with a young infant at the breast, wished me to see her in the steerage. I found her writhing and groaning with cramp in the stomach; the extremities were cold and the surface pale. She could not lie, but was in a sitting posture, held by assistants. The wind was howling through the shrouds, and the motion of the vessel so great that one was compelled to lay hold of any thing near in order to stand. I inquired whether Mrs. W—— had been eating any thing that disagreed, when I was told that her bowels had been out of order for some days. She had lately taken her meals irregularly, and this day, particularly, her food had gone badly. She ate about evening, and this had made her worse; then, in about an hour, a kind-hearted old gentleman prepared a nice dish of coffee, with spices in it, which he thought would do her good. This, of course, only made her the worse.

The treatment in such cases is simple and easily understood. According to the old mode of practice, some would adopt the plan of giving an emetic, tartarized antimony, ipecac, the sulphates of copper or zinc, flour of mustard, or perhaps, what would be least harmful and most efficient of all these, lobelia inflata. By such means the patient may often be relieved; but it is always at the expense of injury to the stomach—an evil, greater or less, which should, if possible, be avoided. If the patient is a short, thick-necked, fat person, and something advanced in years, bleeding would be practiced before giving the emetic, with the view of preventing apoplexy. Others, again, would give large doses of some opiate, solid opium, or, what would act more quickly, laudanum in very large doses, as forty, fifty, or even sixty drops, often repeated till the effect is produced. Those who have undergone any of these (to us terrible modes), and have also tested the effects of water-treatment in like cases, can judge as to which are best.

I told Mrs. W—— I should treat her differently from what she had been accustomed to, but would do precisely as if myself were in her case. I at once ordered an abundance of water, about blood-warm, to make it as mawkish as might be. She then drank, at my direction, as quickly as possible, a number of tumblers, and instantly copious vomiting took place. A large amount of acid and undigested matters was thrown off. She drank and vomited again and again, till the stomach became thoroughly cleansed. The pain subsided, and she went to rest; the feet were rubbed, and a bottle of moderately warm water was placed to them, and she soon slept. Next day she nearly fasted, taking only a little water-gruel. She had no pain, grew stronger, and in every respect better.

We are told by Sir John Floyer, in his *Treatise of Bath and Mineral Springs*, that vomiting with water is very useful in the gout, sciatica, flatulency, shortness of breath, hypochondriac melancholy, and falling sickness; which distempers are usually derived from evil matter contained in the stomach, as is likewise giddiness in the head, and apoplexies, with which myself once seemed to be threatened; for, after eating a plentiful dinner, I was seized with giddiness, and the sight of my eyes became so depraved, that things seemed double, which was accompanied by a strange consternation of spirit; and having read that apoplexies generally seize after eating, I immediately called for water, and not daring to stay till it was warmed, I drank it cold, and by the help of my finger provoked vomiting, upon which I did immediately overcome the evils I was threatened with; the symptoms before mentioned being the same as did precede the fit of an apoplexy in another person, as himself afterward told me, who died of it the third fit, about a year after.

#### WATER IN SHORTNESS OF BREATH.

As for people who are troubled with shortness of

She omitted tea and coffee, and was careful in diet, exercised on deck in the open air, and thus grew better and better the whole passage.

In some cases of this kind it is necessary, besides the vomiting, to give injections. There is no danger of vomiting and purging too much, provided the water is pure, and used neither too cold nor hot. Quart after quart of lukewarm injections may be given, until the alimentary canal is thoroughly cleansed, and the pain removed. Frictions upon the bowels, woollen cloths, or towels, wrung out of warm water, and the like, may be resorted to. I have never, in one instance, failed soon to bring relief in these cases. Once in a hundred, spasm may be so severe that the wet sheet will be needed before complete relief can be obtained. Mark well the very small amount only of food allowable for some days after attacks of this kind.—*Water-Cure Manual, by Joel Shew, M. D.*

breath, it is certain from experience, that vomiting with warm water three or four times will afford certain relief. And the same may be prevented by drinking nothing but water afterward, either cold, or warmed with a toast; for upon doing this, the difficulty of breathing will apparently abate; which water, if you please, may be boiled with honey. And I knew one who, by this means, as he was advised by me, lived comfortably in this city two or three winters; but, having undertaken business which did occasion drinking strong drinks, was the next winter carried off by the distemper; wine, ale, and brandy, being as bad as poison to people troubled with shortness of breath. So that nothing but water ought to be drank in that distemper.

#### WATER PREVENTS VOMITING AND CHOLERA MORBUS.

Some people are taken with violent vomiting, and the excess thereof in some hath been so great as to endanger their lives—yea, cause death: in which case water will be very helpful; for if a pint of it warmed be drank after every vomit, it will prevent that violent straining, wherein lieth the danger of all vomiting, because to strain violently, when but little will come up, does endanger the breaking of some inward vessel. And besides this, the offending matter will be sooner loosened from the internal part of that bowels, the stomach, and cast out, upon which the vomiting will sooner cease. For after this manner the famous Sydenham, a most honest writer, did overcome the cholera morbus, or vomiting and looseness, so common in his time, and was found by the weekly bill to kill more than now die of convulsions; for his way was to boil a chicken in



four gallons of water, which made a broth not much differing from water, of which he ordered large draughts to be given, and some of it to be taken by clyster, till the whole quantity was spent, if the vomiting did not stop before; which did so take off the sharpness of the matter offending, and wash it out, that the party in a little time became well. And the same was the practice of Sigismundus Grasius, who commends pure water, in a vomiting and looseness, to be drank in large quantities; for thereby, he saith, the corrosive and sharp humors will be so weakened, that they will no more offend. And, he saith, it may be drank cold, if the patient be strong; otherwise let it be warmed.

## FLUXES.

And in common fluxes without vomiting, a quart or more of warm water drank, will so weaken the sharpness whereby the distemper is caused, that it will soon be overcome, and the gripings eased; and in the bloody flux, which is the most dangerous of all fluxes, the ingenious Cornelius Celsus adviseth a large drinking of cold water as the best of remedies: but then no other substance must be taken till the disease is cured. And another great physician, by name Lusitanus, affirms (Cent. I. Obser. 46), "that he knew one, who, being in the summer time afflicted with the bloody flux, did drink a large quantity of cold water, and did thereby recover. This large quantity of water, therefore, in these fluxes, doth so correct the sharpness of the humor offending, that it can have no power to cause pain, or corrode the vessels, and cause bloody digestions or stools."

## WATER IN CONSUMPTION.

Water also is a drink that conduceth above all things to cure consumptive people, for the digestion being weakened, is the cause of producing a hot fretting nourishment, which is injurious to the tender substance of the lungs, and which constringes and stops up the lymphatic vessels through which the nourishment is to pass to all the parts; so that by degrees the body, for want of due supplies, consumes: which obstructions, and that acrimony which causeth them, will be opened and sweetened by the plentiful use of water, if taken before the lungs become ulcerous. Which cure of consumptions by water is recommended in the writings of Dr. Couch, who, in his "Praxis Catholica," tells us, that he knew a man cured very soon by drinking pure water. And it is said by another, that some have been cured of consumptions by drinking no other drink but water, avoiding all malt liquors and sharp wines: for wine or any other strong liquor is pernicious in this distemper, whose original is affirmed by Dr. Coward to be always in the stomach.

[But real consumption, in its advanced stages, is seldom cured by any means whatever. Water is the best remedy to palliate, but a cure can very seldom happen.]

## HOT FLUSHES AND ERUPTIONS.

Some there are who are much troubled with flushing heat in the face, and others with a heat in the back; in both which cases, water used as a common drink is the best remedy, with a spare, cooling diet. And it is also excellent for such as have red blotches in their faces,

which proceeds from a hot fretting blood, which, by water-drinking and a moderate diet, will be kept under. For, as Dr. Duncan, before quoted, doth affirm, those who keep their blood cool and clean are never troubled with breakings-out, like many others, who may be known to be drinkers of hot drinks, and use a hot full diet, by their faces being full of blotches.

#### COLIC.

Water is also commended by the learned for the colic; thus Riverius affirms, that in the colic large drinking of water hath been found to be an excellent remedy. And it is said by Fortis, that when he practiced at Venice, he often gave cold water in the colic with good success. With whom an English physician, Dr. Wainwright, in his Mechanical Account of the Six Non-naturals, concurs; for he saith, that water-drinkers are never troubled with the colic, and that many thereby have been cured when all other remedies failed.

[Professor Elliotson, of London, in "Principles and Practice of Medicine," says of this disease, "When every thing else has failed, I have known this affection of the bowels overcome, by taking the patient out of bed, and dashing two or three pails of cold water upon the abdomen."

Cold water suitably employed, is always favorable in relieving spasms of whatever kind. A person with the real spasmodic colic, could hardly be injured by water, however vigorous the application.]



## SMALL-POX.

And in the small-pox, water hath also been proved to be an excellent drink. Salmon, in his Synopsis Medicine, saith, that in this distemper you may safely give the sick fair water, of which, says he, they may drink liberally to quench thirst; the want of which plenty of drink hath been the death of many a patient. Which opinion of his was right, as by experience I have found in two of my own children when sick of this distemper, to whom, after I had given a gentle vomit of emetic tartar, I gave no other drink but water, and they both recovered safely, and were not in the least light-headed, as two others before were in the same distemper, when treated otherwise. And I remember that one Dr. Betts being consulted in a case where the eruption did not come out kindly, did order two quarts of cold water to be drank as soon as could be; upon which they came out according to expectation, and the party did well.

[Dr. Baynard (1706) gives the following facts concerning the treatment of small-pox: Dr. Yarborough told me that his kinsman, Sir Thomas Yarborough, sent him a letter from Rome, wherein he gave him an account of a footman of his, who, when delirious in the small-pox, got from his bed, and in his shirt ran into a grotto of a cardinal's where there was water, in which he plunged himself, but was presently got out; the small-pox seemed to be sunk and struck in, but upon his going to bed they came out very kindly, and he safely recovered.

But my worthy and learned friend, Dr. Cole, showed me an account from an apothecary in Worcestershire,

whose name (I think) was Mr. Matthews; the substance of which was, that a young man, delirious in the small-pox, when his nurse was asleep, jumped out of bed, ran down stairs, and went into a pond. The noise awakened the nurse, who followed with an outcry, which outcry raised the posse of the family, who surrounded the pond; but he parlied with them, and told them that if any body came in he would certainly drown them, and that he would come out when he saw his own time; and accordingly did so, and walked up stairs, and sat in his wet shirt, upon a chest by the bed-side; in which posture Mr. Matthews found him when he came into the chamber. Note here, that the apothecary lived three or four miles from the place, and he was in the water and on the chest all the while in his wet shirt that the messenger was gone for him. This apothecary, Mr. Matthews (for so I take his name), asked him how he did? He answered pretty well. He asked him if he would have a clean shirt, and go into bed? He said by-and-by he would; which accordingly he did. When in bed, he asked the apothecary if he had nothing good in his pocket, for he was a little faintish? He said that he had a cordial, of which he drank a good draught, so went to sleep, and awaked very well, and in a little time recovered. Now, as Dr. Cole observed very well, a man, quoth he, would not advise his patients in such a case to go into cold water, though this man escaped without injury; but it gives a good occasion to reflect on the many mischiefs that attend the small-pox in the hot regimen, since such extravagant and intense cold does so little or no harm.

Dr. Dover, of Bristol, told me of a vintner's drawer in Oxford, who in the small-pox went into a great tub of

water, and there sat at least two hours, and yet the fellow recovered, and did well.

A gentleman, delirious in the small-pox, ran in his shirt, in the snow, at least a mile, and knocked them up in the house where he went, they being all in bed; the small-pox sunk, yet by the benefit of a looseness he recovered.

I remember about two years since, a learned gentleman, a divine, told me, that in the country where he was beneficed, in a small town not far from him, many died of a malignant small-pox. A certain boy, a farmer's son, was seized with a pain in his head and back, vomited, was feverish, etc., and had all the symptoms of the small-pox. This youth had promised some of his comrades to go a swimming with them that day, which notwithstanding his illness, he was resolved to do, and did so, but never heard more of his small-pox. Within three or four days, the father was seized just as the son was, and he was resolved to take Jack's remedy; his wife dissuaded him from it, but he was resolved upon it, and did immerge in cold water, and was after it very well. The worthy gentleman that told me this story, promised to give me it in writing, with the persons names and place; but I neglecting of it, he went out of town in two or three days, so I lost the opportunity of being better informed.

Mr. Lambert, brother to my worthy friend, Mr. Edmond Lambert, of Boyton, in the county of Wilts, told me, that when he was at school in Dorsetshire, at least thirty or more of the boys, one after another, fell sick of the small-pox, and that the nurse gave them nothing else but milk and apples in the whole course, and they all recovered. There was but one dissenting boy from



that method, who, by command from his parents, went another course, and he had like to have died ; nay, with very great difficulty they saved his life.]

#### BURNING FEVERS.

It is also certain, that in what we call burning fevers, water is found to be a safe and effectual remedy. It is said by Dr. Primrose, in his *Popular Errors*, that many great physicians have commended the drinking cold water in diseases, and they attribute to it the chief place in fevers, where the sick must drink largely ; for thus taken, it will quench all heat (page 374). And Galen is said by an English author, to reprove Crastistratus for denying cold water in burning fevers ; and says, that this is a remedy for any fever, provided it be drank in great abundance. With which opinion I find Dr. Oliver to agree, who, in his *Essay on Fevers*, says, that in fevers we must drink oftener than thirst calls for it, and such draughts as are plentiful ; and the drink he prescribes, is either cold water or barley-water. Dr. Wainwright affirms also, that water is proper in fevers, and that the ancients gave as much of it as the patient could drink. And by another it is said, that if you give the patient nothing but water for three days, that in the third day the fever will be cured generally ; but if it is not, give for food a little barley broth, and the fever will not exceed the seventh day. And by another we are informed, how one in a fever, that was past hope, being forbidden to drink water, which he greatly desired, did find means, in the absence of his nurse, to get a large pot-full, which he drank off, and lay down again, being well cooled, after which he fell into a sweat, and so

was cured. And I find that Dr. Cook, of Warwick, in his book of Observations on English Bodies, does prescribe, for the cure of fevers, first a vomit, and afterward as much cold water as the patient can drink; and he saith, that if he sweat upon it, the sweat must be continued as long as can be. And it is said by another, that it is an excellent remedy in fevers, to drink a quart of hot water, and sweat upon it, being covered warm. There is also one Dr. Quinton, who, in his book of Observations, writes, that to one in a malignant fever, whose pulse was so low it could scarcely be felt, there were three quarts of water given at several draughts, to make him vomit; but it did not operate that way, yet the event was this: that it did refresh him, much raised his pulse, brought him into a breathing sweat, and passed off by urine; which lowness of the pulse my own experience hath often found to be raised by drinking water plentifully. And I know a woman, who, though she in a fever had the advice of two doctors, yet became distracted. I bid the nurse give her a pint of cold water, which she drank up, and in three or four minutes came to her right senses; and desiring to drink more, she recovered. And I have observed, that when, in fevers, the patient can relish no other drink, yet water is always drank with pleasure, as it will always be after eating sweet things, that spoil the relish of other drinks, which is one excellence peculiar to water, and shows it to be most agreeable to the nature of mankind, though now so much slighted. And besides this, it is a drink that will not turn sour in the stomach as all fermented drinks will do, to the increase of distempers already begun there.

[Dr. Baynard, that singular writer, gives a case thus:

“A Turk (a servant to a gentleman), falling sick of a fever, some one of the tribe of treacle-conners being called in, whether apothecary or physician, I can’t tell, but (according to custom), what between blister and bolus, they soon made him mad. A countryman of his, that came to visit him, seeing him in the broiling condition, said nothing, but in the night-time, by some confederate help, got him down to the Thames-side, and soundly ducked him. The fellow came home sensible, and went to bed; and the next day he was perfectly well. This story was attested to by two or three gentlemen of undoubted integrity and worth; and I doubt it not, but believe it from the greater probability; for I’ll hold ten to one on the Thames-side against treacle, snake-root, and all that hot regimen which inflames and exalts the blood, breaks its globules, and destroys the man. And then, forsooth, the doctor sneaks away like a dog that has lost his tail, and cries, it was a pestilential, malignant fever, that nobody could cure; and to show his care of the remainder, bids them open the windows, air the bed-clothes, and perfume the rooms for fear of infection; and if he be of the right whining, canting, prick-eared stamp, concludes, as they do at Tyburn, with a mournful ditty, a psalm, or a preservative prayer for the rest of the family. So exit Prig, with his starched, formal chops, ebony cane, fringed gloves, etc.” Thus much for Dr. Baynard and his criticisms on doctors.]

## GOUT.

And as for the gout, which Dr. Harris saith, in his anti-empiric, is gotten either by high feeding, or drinking much wine, or other strong drink, it may be cured,



as that author doth affirm, by a very spare diet, and drinking water; according to what is said also by Sir Theodore Maybern, who, in his medicinal counsels, adviseth to leave off all strong drinks in this disease, and drink only water: and Van Heydon saith also, in his treatise of "Help for the Rich and Poor," that there not any greater remedy for the gout than drinking water, not only by young, but old men; many of whom, he saith, have drank cold water for many weeks, which hath succeeded so well, though they were far gone in years, that they found great ease thereby, without that offence to the stomach, or hindrance of digestion which some did seem to fear. And he also commends the large drinking of water in the sciatica, or hip-gout, he having often cured this distemper by this means, in less time than could reasonably be expected; and the same myself have found to be effectual in a pain in the shoulder, which had continued very bad for three months. For, being taken with a fever, I drank in one day about four quarts of water, which, though it did not make me sweat, because I lay not in my bed, yet it cured me so that I slept well that night; and in the morning when I rose, I did find that the pain in my shoulder was not felt, neither did it ever return. And the same success I have had in the pains of other parts, whereby I judge, that in all pains whatever, the drinking of water is proper, as well as in the gout; and accordingly I find cold water advised to be drank largely for the cure of the headache from hard drinking, that pain proceeding from the same cause the gout does, namely, from heat, as all pains do that are not from bruises.

## INFLAMMATORY DISEASES.

It is said also by Dr. Wainwright, that in the itch, scurvy, leprosy, and in all hot inflammatory distempers, such as pleurisies, rheumatisms, and St. Anthony's fire, water is a proper remedy ; but he adviseth to drink it hot in some cases, as doubtless it ought to be done in pleurisies. He also saith, that water is proper in headaches, catarrhs, vapors, falling sickness, dullness of sight, melancholy, shortness of breath, scurvy in the mouth, and windiness in the stomach : and for wind in the stomach, I by long experience have found it the best remedy, who, in the former part of my life, through a disorderly diet, and drinking strong drink like others, was never free from windy belchings, and sometimes very sickish qualms after meals ; from which at length I was delivered, by drinking only water at meals, so that for above forty years I have been seldom troubled ; and if I find myself troubled, a pint or more of cold water in less than half an hour will set me free, by drinking of it.

## HARD DRINKING.

And that water is the best remedy for the mischiefs that come by hard drinking, experience teacheth ; there being nothing that so effectually frees from those nauseating and retching qualms the next morning, as the drinking of a pint or more of fair water ; which effectually allays the inflammation of the bowels, occasioned by strong or hot drink, which spoils the strength of the stomach, as it doth the strength of all other parts ; nothing being a greater enemy to the vigor of the nerves and sinews, since by much drinking men make them-

selves unable to stand or go: which effect would never follow, if liquors that abound with spirits were strengthening; and if they were strengthening, the fibres of the stomach would not be so weakened after drinking strong drinks, as to make men sick; which sickness will soon be recovered by the drinking cold water, this being also the best remedy, if taken largely, for that heat of urine which is often occasioned by hard drinking.

## COLDS.

In colds, water is the best of all drinks to prevent floods of rheum from the nose and mouth, as my long experience testifies, and the drinking therefore will prevent coughs, for a cough will seldom succeed a cold, if water is used from the first as a common drink; and if through neglect, a cough should become troublesome, the use of water, avoiding all wine or strong drink, will contribute much to the cure. Some order the water to be drank warm, but others say that the drinking it cold vastly excels the using it hot in a cough. It is said by Van Heydon, that some may think it strange to advise water in such diseases, which most do account to proceed from crudity or indigestion; but he says, that in any disease where the case is dangerous, the use of water is the only friend to nature; cold water being a preventer rather than a cause of crudity, since by all experience, it is proved to be a promoter of a good digestion: and at this time, I know a woman seventy-eight years of age, who, for this ten years past, hath had a great cough, and spit much tough phlegm, that this present winter, 1722, hath been persuaded to leave off all strong and small fermented liquor, and drink only



water at meals, and sometimes a dish or two of tea, and hath found herself much less subject to cough than before, and scarce coughs at all in bed, though subject before to cough very much in the night; she also drinks at bed-time half a pint of cold water, and the same quantity first in the morning, and finds herself more comforted by it at so great an age, than wine hath at any time afforded.

#### STRONG DRINKS HURTFUL TO CHILDREN.

It is generally the opinion of most physicians, that wine and strong drinks are not proper for children, and that the smaller and cooler their drink is, the better it will be with them; and that nothing conduceth more to the health of children than drinking water, which will prevent the foundation of those diseases that are caused in many by strong drink, and do show themselves in their more advanced age, wherein many also do suffer much by the mother's ill custom of making them gluttons, by constantly cramming their stomachs with food, many being thereby destroyed among the children of the rich before they come to years of maturity; when the children of poor country people, who fare hard, stand their ground till full grown. For fewer children die in the country than in great cities, where luxury in diet doth more abound which is one reason why so few housekeepers in London were born in it, the great supply of inhabitants being from the country, children being brought up more hardy there than in London, where great numbers are killed by over-pleasing their palates. Which mischief would be in a great measure prevented by their being accustomed to eat less and

drink water ; which, by experience, is found to make young children free from that frowardness which is commonly caused by a sharp and hot, or feverish blood, which engendereth wind and causeth pain and gripes. For there is no pain but is the consequence of heat, or inward as well as outward inflammations.

To what hath been said, may be added this consideration, that when the best physicians are baffled by some diseases, they advise their patients to use the water of some mineral spring ; tacitly acknowledging thereby, that all their prescriptions may be excelled by water. They pretend, indeed, to ascribe its effects to some minerals with which the waters are tintured. But Dr. Baynard, in page 438 of Sir John Floyer's Cold Bathing, tells of a certain person who used to frequent Tunbridge, by which he found much benefit ; but being hindered from going thither one season, did drink the same quantity of water taken from the pump of a spring in his own yard, which did him as much service ; whereupon he wrote thus on his pump :

“ The steel is a cheat ;  
’Tis water does the feat.”

And, indeed, if we consider how many diseases and pains proceed from a sily thick blood, which cannot pass as it ought to do through the finest pipes that convey the blood to the parts, pure water, without minerals, drank to the quantity of a quart or three pints in a morning, will attenuate or thin the blood sufficiently—nothing, as Boerhaave affirms, being a greater diluter of thick blood, than warm water drank in great quantity ; which to thin the blood may be best, though to strengthen the stomach it is best drank cold ; having the same

effect inwardly, in some cases, as cold bathing hath outwardly ; its use outwardly being also great.

## BURNS AND SCALDS.

Water, I have found by long experience, to be of excellent use in burns and scalds ; for in all burns and scalds that are slight, if the part is plunged immediately into cold water, the colder the better, the pain will instantly be taken off ; and it will fetch out the fire, if continued so long as will be required to do it by any other remedy. And if the burn be so considerable that other remedies must be applied, none of which will take off the smart of themselves in less than two or three hours, yet if you apply cold water presently after other applications are made to the part, the pain will immediately cease, till the remedy becomes effectual ; so that the ease water will give in such cases, makes it of good use. Which remedy, as it hath not been discovered till now, appears to transcend all other remedies in this case ; because, in a moment the great smart will be eased, if the water is cold, and will be felt no more if the part afflicted be kept immersed in it till the fire is extinguished, either by the water, or the medicine applied. Besides, it is a remedy every where ready at hand, which cannot be said of any other ; which generally requires so much time to get it ready, that much pain will be endured, if blisters do not arise, which do much increase the trouble. If the part burnt or scalded cannot be dipped in water, you may apply water to it with double linen cloths dipped therein, and new dipped as they grow warm ; by which means I have cured burns and scalds in the face without blistering, when applied immediately before blisters did arise.



[In the Water-Cure Journal of July 1st, 1846, we published the following cases, illustrative of the truly wonderful effects of water in the treatment of scalds and burns :

“A few weeks since we were sent for in great haste, to visit the infant child of Mrs. Campbell, a sempstress of this city, whose case of child-birth was some time since given in the Journal. The message was, that the child was very severely scalded. We hastened to the woman's residence, and there learned the following particulars: The little fellow (being ten months old, and a cold-water child, so called) was, as usual, running about the room, playfully, when he drew down upon himself, from a bench, or low table, a large pitcher full of hot water. The fluid passed upon his neck, shoulder, down the arm, upon the side, abdomen, over about one third of the back, and upon one foot. The whole extent of these parts was scalded, and in places blisters rose, apparently as thick as one's finger. In consequence of the wonderful effects of water which the mother had herself experienced before the birth of her infant, as well as at that time and subsequently, and what she had witnessed in rearing, thus far, the child—he never having had an hour's sickness from the first, or taken a single particle of medicine—she had very naturally the greatest confidence in the new treatment. She preferred, in fact, rather to treat the case herself, than have a physician of the ordinary practice—such a one having been called, through mistake of the messenger, and arriving very soon after the accident. The mother said there was a mistake—he was not the right doctor; so he took a look at the little patient, well wrapped up in a wet sheet (it being, no doubt, the first time he had ever witnessed the

'bug-bear' application), and then turned upon his heel and left.

“Immediately after the accident, the little sufferer began to collapse, as the term is; he grew pale and cold, and had a severe chill. The mother instantly wrapped him in a folded wet sheet; but his appearing to be cold, led her quickly to place about him an abundance of warm blankets, outside the sheet. It was not long before what is called, in such cases, reaction, began to take place; the circulation and heat increased, and, at the same time, the pain. All these symptoms were in themselves favorable, but demanded, at the same time, the most prompt treatment. The mother had already, before we arrived, very properly commenced cooling the affected parts, by frequently changing the wet cloths. We directed her to have the child held over a tub of water, and to pour cold water constantly upon the cloths, these remaining upon the scalded parts, and to continue this process as long as the pain remained. She kept on thus cooling the scalded surface, until her suffering child ceased his piteous moaning and went to sleep. This must have taken place between two and three hours after the accident. He slept awhile, and awoke apparently as bright as usual. Still, so much of the surface was either blistered or abraded, that he could scarcely move without causing much distress. Those parts were directed to be kept constantly covered with fine linen cloths, wet, and these to be covered with dry ones, so that the system might not become too much chilled. The child was to have as much water as he chose to drink, to be fed very sparingly, and the windows were to be left open both night and day, for the admission of fresh air. The mother followed the

directions faithfully, and, in a very short time, the parts were perfectly healed. During the first afternoon, every trace of the inflammation, where the surface was not actually destroyed, was removed. The fire, as some would say, was completely drawn out.

"This cure may be properly divided into two more prominent parts: first, the cooling means used until the abnormal heat was removed; and secondly, the soothing or poultice effect of the moist applications that were continued until the healing of the parts was fully accomplished. What is there that will at all compare with the pure element in causing animal as well as vegetable growth? Throughout all nature, in both vegetable and animal bodies, water is the great fluid through which the vital processes are carried on.

"We think the medical friend who saw this case, in connection with us, will agree that burns of apparently not more than one third the severity of this, frequently cause death in a few hours."

We published also, in the same number, the following facts from an Ohio paper, which came to us on authority that may be fully relied on as being correct. The narrator gives them as follows:

"In the 12th month of 1843, as I was going to Piqua, I met a wagon with a sick man in it, lying upon a bed. He seemed to be traveling in much pain. I inquired the cause of his suffering, and was told that he was scalded by the bursting of steam works in a tan-yard near Piqua, about fourteen days before; that he was an apprentice to Mr. McTurnahan, a tanner, and that McTurnahan was also scalded, with two of his sons. But the old man, who was the most scalded of any, jumped



immediately into the pool, which was slightly frozen over, and came out entirely well.

“This tale appeared so marvelous, that I concluded to call at the residence of McTurnahan, and make further inquiries. I did so; and was informed by the old man, that he, his two sons, and apprentice, were standing near the boiler of heating water when it burst. He stood in such a position as to take the strongest current of water and steam. This is the only evidence he has that he was scalded as the others, for he jumped immediately into the pool, and directed the boys to follow him. On coming out, and feeling the pain continue, he went in again. The skin peeled off a little from the lower part of his arms, and a little from his breast. This was all the mark he had upon him, and it had not hindered him from his work at all. He supposes he was not in the water more than five minutes.

“His oldest son came to the brink of the pool, and stepped in about half way up to his knees. He then stopped to unbutton his clothes, and see how badly he was hurt. Finding the skin peel off with his clothes, as he took them down, he concluded to go into the house and send for the doctor. It was within three or four days of six months before he was able to go about again. But so far as he went into the pool, there was no mark of hot water upon him. The youngest son was scalded only upon his legs. He went immediately into the pool, as his father had directed. The only mark left upon him was a small sore on one of his heels.

“The apprentice went into the house, and was doctored according to custom. It was two weeks before he could be taken home upon a bed, and four months before he could go about.

"I have called several times at McTurnahan's, once in company with Samuel Jay and Walter D. Jay, members of the society of Friends, who lived in Miami county. The statement he makes is uniform, and I think may be relied upon.

"Thine, etc.,                      AUGUSTUS WATTLES."

"MERCER Co., O., 5th month, 1st, 1846."

To those who have never witnessed the effects of cold water in scalds or burns, statements like the above appear like mere idle fiction; but those who have witnessed such effects, recognize, at once, upon the face of such narrations, their truth.]

ULCERS.

I once knew a large ulcer in the foot, made by the running of melted brass into the shoe, that was kept in hand by a surgeon nine weeks, without any probability of healing, because of the great inflammation that attended it; but the party being a lover of angling, was persuaded to go with some others to Hackney river. Some of them went bare-legged into the water, to come at a certain hole where much fish was sometimes found. The sport was so good that the lame man, having pulled off his stockings and plasters, went in also, where he staid above two hours, and, coming out again, he found the ulcer, which appeared very red and angry when he went in, did look pale. He put on his dressings and came home, and in less than a fortnight his ulcer healed up; which doubtless was occasioned by the abating of the inflammation by the coldness of the water. And I have had an account also from an acquaintance, that

was surgeon to a merchant ship, that their gunner, at a time when the captain treated some friends on board, going to charge a gun that just before had been fired off, the cartridge he was ramming down took fire, whereby he was blown into the water, and had some of his fingers torn off, and it was an hour before a boat could be got to take him up. But they found that the coldness of the water had almost stopped the bleeding, and the cure was effected so speedily, that other surgeons wondered at it; which he imputed to the water, which kept back the humors, by its coldness, from flowing to the part at the first; so that there was no impediment from inflammation to hinder healing; for the chief impediment to healing is inflammation, in wounds or ulcers.

## SPRAINS.

And as for strains and sprains in the joints, cold water affords the best and most speedy remedy, as Van Heydon affirms; who saith, that by bathing in cold water all harm so received may, by this remedy, be cured more safely and more speedily than by any other, without loss of time, cost, or trouble; for no more is to be done, as I have often found, than, as soon as can be, to put the part into a vessel of cold water for about two hours, which will prevent all swelling and pain, by repelling or keeping back the humors that otherwise would flow to the part. And if it should be the shoulder, or any other part, which is so hurt, that cannot well be immersed in water after this manner, water may be applied, by dipping towels folded up into it, and laying them to the part, as is done, in effect, to the wrenched joints of horses, about which, if you wind oftentimes a



thick rope made of hay, and then cast upon it divers times a pail of cold water, the wrench will be cured; which experiment is now commonly practiced by those concerned about horses.

#### WEAKNESS IN THE JOINTS.

Bathing in cold water hath also been found to be a good remedy to strengthen weakness in the joints, as Sir John Floyer, in his Treatise of Cold Bathing, hath shown; and which by experience I found to be true in a certain woman, who complained of great weakness and pain in her ankles. I advised her to dip the part in cold water every morning for a quarter of an hour, and do the same at night; and in about twenty days she became as strong in that part as she was in the other. And Sir John tells us of a boy who could not stand, his limbs were so weak, that by bathing in cold water perfectly recovered his strength in a little time.

#### PAIN IN THE HEAD.

Great pain in the head hath been also cured by this means; for we are told by Van Heydon, that one Sir Toby Matthews had for twenty years been troubled with great pain in one side of the head, and a great defluxion of rheum from his nose; but he at last was cured, by applying cold water to the part every day for about a quarter of an hour; upon reading of which, I tried the experiment upon myself, who for a long time had been troubled with the running of much clear water from my nose, with great spitting of thin rheum; for I let a water-cock run upon the mould of my head

every morning, by which, in about six weeks' time, I was eased of my trouble. And since that I had a credible information of a certain servant-maid, who was afflicted greatly with a rheumatism, and an intolerable pain in the head, who, being put into St. Thomas's Hospital, her nurse was ordered by the doctor to apply to her head towels four times double, dipped in cold water, changing them as they became warm, which she was to continue doing four or five hours; in which time she was freed from that pain in the head, and was afterward cured of the rheumatism by other means.

#### WANT OF SLEEP IN FEVERS.

The want of sleep in fevers may be cured likewise by the application of cold water. For to a near relation in a fever, who could not sleep for three days and three nights, I ordered a towel to be several times folded up, and then to be dipped in water, and a little wrung out, and so laid upon her forehead, and to be new dipped as it grew hot; which in about two hours' time so cooled her head, that she fell into a sleep, and continued in it five hours. And I ordered the same to be done the next night, with the same success. And we find that Dr. Cockburn, in his *Treatise of Sea Diseases*, did order, for the want of sleep in fevers, to dip a towel, four times doubled, in oxycrat, which is six parts water and one part vinegar, to be bound about the head and temples; which, he saith, will cause sleep with wonderful success. But cold water only will have the same effect, as I often have proved.

## SWOONINGS.

And that the use of cold water in swoonings is of great effect, common experience teacheth ; for, if a dish or cup of cold water is thrown strongly upon the face, the person in an instant will recover, though for a time he seemeth dead, and perhaps might not have recovered in some cases, if cold water had not been so applied ; such faintings being sometimes deadly, which proceed from poisonous vapors ascending up to the brain from a foul stomach ; for such effects there are, as I have found by experience, who in my young days did swoon away twice ; at both which times I was sensible of a collection of wind in my stomach, from whence I plainly felt a fume or vapor ascend to my head, that in an instant deprived me of all sense. But being both times in the company of a person who had seen the thing tried, he dashed some cold water against my face, which I remember made me start, as if I had been suddenly awakened. And I am apt to think that some die in such a fit, when none are near to help them ; and especially when so taken in their sleep, which I believe none need fear who live temperately, or that eat no suppers ; none who have refrained from suppers having been ever found to die in sleep.

## BLEEDINGS AT THE NOSE.

Dangerous bleedings at the nose have also been cured with cold water largely drank, syringing cold water up their nostrils, and applying towels round their necks dipped in cold water, changing them as they grow warm ; for it is said by a good writer, that this will so



cool the heat of the blood, and by the coldness of the water syringed up the nose, so contract the mouths of the veins which bleed, that it will put a stop to the bleeding. Such bleedings have also been stopped by dashing cold water often into the face, as a French writer hath affirmed, whose name was Flamand; and the same, also, is affirmed by Cook, in his Marrow of Surgery.

#### SMALL CUTS.

Cold water is an absolute cure for all small cuts in the fingers, or other parts; for if, when cut, you close the cut up with the thumb of your other hand, keeping it so closed for a quarter or half an hour, this will infallibly stop the bleeding; after which, if you double up a linen rag five or six times, dip it in cold water, and apply it to the part, binding it on, this, by preventing inflammation and a flux of humors, will give nature time soon to heal it without any other application, as is seen in the common practice of surgeons when they let a man bleed; for all the application they make to the vein so cut, is a pledget of linen dipped in cold water, and bound on with a fillet; for all wounds without loss of substance will heal of themselves, if inflammation be prevented, and the lips of the wound are kept close together.

#### BITINGS OF A MAD DOG.

We also are told by Van Heydon, that in his time some were of an opinion, that a person bit by a mad dog might be preserved from that symptom called the fear of water, which generally follows, and proves so mortal, by applying cold water to the place bitten. And

this, he says, they conceive to be no unlikely thing, if there is any credit to be given to what Cornelius Celsus writes, who saith, that the only remedy in this case is to throw the party who is in this condition, or hath the fear of water upon him, into a pond or river, and when plunged over head and ears, to keep him in the water till filled with it, whether he will or no; and by this means both his thirst and dread of water will be cured. For if this immersion be of use when the party is so far gone, why should it not be of greater force in preserving from it, if speedily applied and repeated? Now, though this is mentioned by him as a probable opinion, yet experience in our days shows, that the plunging the patient into the salt water either of the river Thames about Gravesend, or in the salt springs in Cheshire, is the best means to prevent any evil succeeding the bite of a mad dog. They must indeed be dipped so often as to be almost drowned before the danger is over. But it is a question whether the saltness of the water contributes any thing to this cure, since Boerhaave, the present professor at Leyden, affirms, that when men bitten by a mad dog are arrived to the fear of water, called an hydrophobia, they may be cured by blinding the patient's eyes, and throwing of him into a pond of water often, till he seems not to be afraid of it, or but very little, and then force him to drink large quantities.

## FALLING SICKNESS.

And we are told by Dr. Edward Browne, that a person troubled with the falling sickness, by happening to fall into a cold spring (I suppose it was in the time of his fit), was freed from his distemper all his life after;

and he saith there is no need of preparing the body for it in this, as in some other cases. But the patient, when plunged into a cold bath, ought to continue in the bath each time about three or four minutes ; for in plunging over head and ears at his first entrance into a cold bath, the brain will be so sensibly affected, as to be relieved from the distemper, which is a kind of convulsion proceeding from an inflammation, or some other cause : but we want more experiments to confirm this notion ; which notion may be worth noting, that the thing may be tried in others, to see whether it will succeed as it did in this person. For it is said by the ingenious Dr. Pitcairn, a Scotchman, some time professor at Leyden, that there is no such thing as the art of curing, but only the practice—that remedies were found out by chance (p. 264 of his works) ; for when remedies thus happen to be discovered, and prove often to be effectual, the remembering that remedy, to apply it in a like case in practice, brings reputation to the prescriber ; but if it fails, some other experiment must be tried, which, were physic an art, need not be done, because the rules of art are certain, and men depend upon them as such.

## MADNESS AND MELANCHOLY.

It is also said by the same Dr. Browne, that madness and melancholy, with all their retinue, may find better effects from the use of bathing in cold water, than from other violent methods, with which people so afflicted are now treated ; for, says he, that which will make a drunken man sober in a minute, will certainly go a great way toward the cure of a madman in a month. Now it is most certain, to my own knowledge, that if a drunken



man be plunged over head and ears in cold water, he will come out of it perfectly sober. And some I have known, that in such cases have been recovered by barely washing their heads in cold water. Which fore-mentioned opinion of Dr. Browne is confirmed by the practice of Dr. Blair, who, in a letter to Dr. Baynard, declares, that he cured a man raving mad, who being bound in a cart, stripped of his clothes, and blindfolded, that the surprise might be the greater, he on a sudden had a great fall of water let down upon him from the height of twenty feet, under which he continued so long as his strength would permit; and after his return home, he fell into a sleep, and slept twenty-nine hours, and awakened in as quiet a state of mind as ever, and so had continued to the time of writing that letter, which was twelve months. Distraction also in fevers, of which there are divers instances in the History of Cold Baths, has been cured by being plunged in cold water.

Which relation seems to make that a more probable truth, which was related in a letter from Sir John Floyer to Dr. Browne, and printed by that doctor; wherein it is said, that, in Normandy, they immerse fools, or dip them in cold water, to cure them: a hot brain being the cause, perhaps, of several disorders in the understanding, and is in great part found to be true, in the ridiculous behavior of some drunken men, which, when their heads are become cool, abhor what they before did do or say. Now if such dipping would cure fools among us, great numbers might be made more happy than they are by being so dipped.

## KING'S EVIL.

Dr. Browne, in his Discourse of Cold Baths, affirms likewise, that to bathe in cold water, hath been found to be the quickest, safest, and pleasantest cure for the king's evil; and he tells us (in p. 85) of a Yorkshire gentleman, who was grievously afflicted with this distemper, having great ulcers in the glands of his neck, which were so much inflamed as to bring him very low; but being advised by Dr. Baynard to bathe in the cold bath, he in a month's time was perfectly cured, his ulcers being healed up, contrary to the opinion of the most learned physicians.

## JAUNDICE.

We also find mention, in the description of the Scottish islands, of an odd remedy, commonly made use of there for the cure of the jaundice; which is this: They strip the party naked, lay him upon the ground, on his belly, and pour, unawares, upon his back a pail of cold water.

## PAINFUL JOINTS.

And also pains in the joints, as Dr. Curtis tells us, will be cured, by holding the part under the stream of a pump or cock; and fomenting with cold water is commended, as good to assuage hot swellings.

## INFLAMED EYES.

And I know a person who had often been subject to blood-shot or inflamed eyes, who afterward, upon the

beginning of the same distemper, took, by advice, a ball of linen rags, dipped them in cold water, and applied them to the part, cooling them by new dipping as oft as they grew hot: which application was continued three hours, in which time the humor was so repelled, as to be troublesome no more; for the party, to my knowledge, hath had no sign of that distemper since, though the same had been very troublesome many times before.

## COLD WATER FOR THE EYES.

It is also advised, by Dr. Gideon Harvey, to wash the eyes well, twice a day in cold water, as the best remedy to prevent defluxions on them, and preserve the eyesight, which it greatly comforts. And this I have found true for many years, my eyes being often apt to be dim and stiff, so that I could scarce open my eye-lids; which, upon washing for a minute with fair water, hath been felt no more for a good while after. Besides which benefit to the eyes, authors say it is also good to preserve the memory, if the whole forehead be washed twice a day; which also is a certain cure for itching in the eyes, as authors tell us. And, indeed, washing with water will free mankind from a troublesome itching in any other part of the body, let it be never so private, as Cook, in his Observations on English Bodies, doth expressly declare from experience.

## CALLOSITIES OF THE FEET.

Some people are troubled with a callosity, or hardness of the bottoms of their feet, which is so troublesome, as to be a hindrance to their easy walking; for which a



cure is prescribed by Dr. Cook, that is, to soak them well in warm water, till the hardness is softened, and then scrape it off with the edge of a knife: and if the feet burn with any unnatural heat, the bathing often in hot water will cool them, by giving vent to what offends. [But cold water is the better remedy.]

#### SCURVY.

And the plentiful drinking of water is commended in the scurvy, whether hot or cold, by Dr. Pitcairn, to dissolve the scorbutic salts, and carry them out by urine, whether they are acids or alkalies; and myself having formerly been extremely troubled with the scurvy, which often made me faint and weak, and my pulse so low as scarcely to be felt, did find at last that the pulse would infallibly rise upon drinking a pint or more of cold water, and in a little time I should again become brisk and strong: for I have often observed, that upon a disorder of the stomach, the strength of the bodily members soon would fail, and as easily be recovered when the disorder of the stomach was removed; yea, by long experience, I have found that nothing conduceth so much to bodily strength as a stomach in right order, which requires temperance and cooling diet to bring it into order, when distempered.

#### ASTHMA.

To what hath been already said, I will add an account, taken from a credible person, of a man in the parish of Shoreditch, who was desperately ill of an asthma, or shortness of breath, and deep consumption, for which

he had tried many remedies to no purpose. At length he was advised by a physician, being poor, to drink no other drink but water, and eat no other food but water-gruel, without salt or sugar; which course of diet he continued for three months, finding himself at first to be somewhat better, and at the three months' end he was perfectly cured: but, for security sake, he continued in that diet a month longer, and grew strong and fat upon it. But his diet he had no mind to, till he was thoroughly hungry, and then he ate it with pleasure; in which, perhaps, consisted the best part of his cure, it being an advantage to health never to eat till hunger calls for food.

#### COUGH.

And I remember a young woman, a burnisher of silver, who had a desperate cough, for which she had taken many things of an apothecary to no purpose; at length the journeyman told her, his master said he could do no more; but, said the fellow, I would advise you every morning to wash behind your ears, and upon your temples, and on the mould of your head with cold water; which she told me she did, and was perfectly cured of her cough by that means.

#### DIFFICULTY IN MAKING WATER.

There are divers other cases wherein the use of water hath done much good. I knew an ancient practitioner in physic, who told me, that in many difficulties of making water, he had advised the party to put his private member into water, as hot as he could endure it, which, in a minute, did cause him to make water; and that

women have had the same benefit by sitting over hot water. And he often had advised them who were constive, and went to stool with great difficulty, to sit over a pot with hot water in it; which soon was attended with an easy dejection, or stool, the body drawing up the vapor, which did provoke expulsion of the excrements without much straining.

[Injections of water, cold, if the person is not extremely weak, are excellent in constipation. So, also, Priessnitz's wet girdle and the hip-bath. In strangury, cold water is far better than hot or warm; but the use of warm water is far better than none at all. Cold water, however, is the great thing. Putting the feet upon a cold floor, or in cold water, or holding the hands in cold water, are well known to cause a disposition to void urine. But the cold hip-bath, and the general ablutions in cold water, are the more effectual means.]

And it hath been observed, that froward children have been made much more quiet, by washing their lower parts every morning with water, to wash off the salts of their urine, which usually stick in the pores of the skin, and are fretful and uneasy, and nothing cures their soreness about those parts like it. Nor is there any thing more effectual to cure men, who are galled with riding, than to wash themselves well, when they go to bed, with cold water; and washing the bare breast every morning with cold water, will make those hardy who before were apt at every turn to take cold. To which I will add this, that Sir Theodore Maybern affirms, in his Medicinal Counsels, that, in most diseases of the head, there is nothing better than to bathe it with cold water, which, in a desperate pain in the ears, upon taking cold, I have found to be true; for the pain seemed



to vanish upon applying to it about thirty minutes, a towel doubled up often, and wet in cold water; and though it returned again some hours after, yet ease was obtained the same way, and the cure perfected in four times doing: which cure of a pain gotten with cold, by a cold application, will not seem so strange, when we consider that in the northern countries, mortifications from cold are no ways to be cured but by applying cold snow.

In short, water when rightly made use of, doth appear from the accounts before mentioned, very effectual to prevent and cure many diseases, but more especially the inward use thereof; for, to use the words of the ingenious Dr. Curtis, in his Essay for the Preservation and Recovery of Health, the habitual use of water for common drink, preserves the native ferment of the stomach in due order, keeps the blood temperate, and helps to spin out the thread of life to the longest extent of nature; it makes the rest at night more quiet and refreshing, the reason and understanding more clear, the passions less disorderly; and in case of eating too much, a large draught of cold water vastly exceeds any other cordial to cause digestion, water being not so cold and lifeless, as many do imagine. Besides which commendation of it by this doctor, it is certainly a drink that will not ferment in the stomach, nor turn sour, as wine and strong malt drinks will do, to the hindering of a good digestion, which all acidity in the stomach certainly doth, when it abounds there; and is best corrected by weakening or making it less sour, by drinking good store of water, as the experience of above forty years' practice hath assured myself and many others. For though water is accounted a contemptible drink, yet by beginning to make use of it at about thirty years of age, before which I was

often out of order, and continuing the use of it ever since, drinking very little wine or strong drink, I have attained to the age of seventy-four years; when thousands, in the meantime, who delighted only in drinking strong beer, wine, and brandy, have not lived half so long; which makes good that saying in the Scriptures, that "wine is a mocker, and strong drink is raging, and he who is deceived thereby is not wise" (Prov. xx. 1), since it no ways contributes to long life; for it is certain that thousands in the world live as long who drink no strong drink, as any drinkers of it do. Some, indeed, from an extraordinary strength of nature, have been hard drinkers, and yet die old; but for one who does this, perhaps an hundred are destroyed by it before they come to half the time of life; and generally we shall find that very strong and healthy constitutions, at the long run, are ruined by riot and excess, there being no certain safety in any way of living, but that of temperance and moderation. Nature, in some, may a long time withstand the abuses offered to it, but at last it will yield to its enemies; and those who live the longest in an intemperate course, might, from the strength of their constitution, have lived much longer had they eat less, and used themselves to drink more water; which drink, as it is most friendly, and will preserve longest the life of a strong constitution, so it is absolutely necessary for those that are weak and sickly, and are naturally subject to the gout, the stone, shortness of breath, wind, indigestion, and such like.

## WATER USEFUL IN VOMITING.

But the chief use of water in preserving of health, is by using of it as a vomit, as before was shown, which is an infallible and the most speedy remedy that ever was found out for any stomach-sickness or pain there; for to vomit with warm water will effectually remove it in one hour, and be a means to prevent great fits of sickness, and preserve the lives of many thousands to old age, by cleansing the stomach from that tough, slimy, or corrupt matter that offends, and is the cause of all mortal diseases; especially of an apoplexy, which though counted a disease of the head, yet hath its original from a foul stomach, which nothing doth so effectually cleanse as vomits: according to that of Dr. Curtis, who saith, that vomiting with warm water or carduus tea, is very beneficial to bring up that which fluctuates in the stomach, and that tough, ropy phlegm, which sticks fast to the wrinkles and folds of that bowels, and which purges do often pass over, and cannot remove. Which way of vomiting with warm water is ten times more easy and pleasant than that which is effected by the use of a nauseous tea made of carduus, which physicians do sometimes advise; and it is also such as can do no harm by violence, as other vomits made from antimony sometimes do, for want of drinking after each vomit a pint or more of water-gruel, or warm water, since you may stop when you please, by forbearing to drink more warm water, when you vomit with water.

And here it may not be amiss to relate what I some years ago discovered, in order to men's freeing themselves from sickness that may happen after eating; for



being invited to dine at a certain table, where there were several good dishes of meat, I was over-persuaded to eat more than I should do, and in a little time after dinner found myself begin to be sick. I went out, and in a private place attempted to vomit, by tickling my throat with my finger, but could not vomit as I designed to do; only by this means I raised up two or three mouthfuls of thick, tough phlegm, upon which I found myself better, and my sick qualm went off. I took the hint it gave me, and have done the same several times since, and find that by getting up the phlegm, which, like yeast upon beer, works up to the mouth of the stomach, a man may free himself from some kinds of sickness after eating. And I remember it is an advice given by one Vaughan, in a book long since printed, entitled *Directions for Health*, for men who feed high, to put their finger in their throat when they rise in the morning, to make themselves puke, or avoid the phlegm which can be raised, as an excellent way to preserve health; and it is said also to be an absolute preservative from the gout.

## GRIPINGS.

I will conclude with this note, that in such distempers, where water-drinking will be available for a cure, the same must not be drank sparingly, but plentifully, as (for instance) to ease the gripings in a looseness or flux; for if but a pint of water should be drank, ease would hardly succeed; but drinking in about an hour's time a quart or three pints, the sharpness and evil quality of the humor offending will be so far diluted or weakened, that immediate ease will follow. If the season be too cold to drink cold water, you may warm it a little upon the

fire, or put a hot toast of bread into every pint; and the same is true in fevers, or in pains from gravel or the colic. A small quantity will not be effectual in these cases, for in the colic a quart is necessary, which ought to be carefully noted; and in a fever a little water will rather increase the burning, which large draughts, often drank, will soon take off. Rest, fasting, and drinking much water, after a vomit or two, is a course that never yet hath failed to cure fevers, by clearing the stomach of that sordid filthiness which causeth the distemper; for a happy issue will certainly follow such a course, if the fever is simple, and not complicated with such other distempers, which will resist all remedies; for in many cases nothing can prevent mortality, as is evident by the death of the best physicians themselves, and by the death of many who consulted with them for a cure, since many die under the hands of the most able doctors as well as quacks.

## GRIEF AND FRIGHT.

I will add to what hath been said one experiment more that is very material; and that is, being very hypochondriacal, and of a melancholy temper, I have often been strangely dejected in mind, when under grief for some misfortunes, which sometimes have been so great as to threaten danger to life; in which fits of grief I always found the parts within my breast very uneasy, and sometimes continued long; but now I have found a good remedy, for upon drinking a pint or more of cold water, I find ease in two or three minutes, so that no grief seems to afflict. Which experience I discover for the sake of others in the same circumstances, being verily

persuaded that the stomach sympathizeth with the mind, and this becomes the cause of that uneasy sensation and pain perceived there; for which, cold water I have found to be the best remedy in myself, and I believe others may find the same benefit, who will make use thereof upon the like occasion; and it gives also relief to people under frights.

#### VAPORS, OR HYSTERICIS.

There is also another experiment that I have often seen of good effect; and that is, if persons subject to what is called vapors, or that are afflicted with fits, commonly called the fits of the mother, will but drink water when they find their fits approach, it will immediately yield relief. There is in this case a mealy julep prescribed by Dr. Bates, which is, to take a spoonfull of fine wheat flour, an ounce of fine sugar, and a pint of water, brew them together, and drink it off. This is pleasanter than water alone; but water of itself will be as effectual, or rather better, as hath been often proved upon persons in those fits.

#### HOW TO DISTINGUISH GOOD WATER.

Some persons may desire to know how to distinguish good from bad water; and the way to do this is by the taste and scent; for if it have no taste nor smell, being purely fresh, not salt, nor sweetish, nor ill-scented, it is good, provided it be pure and clear; of which kind is the common water used in London, when well settled, or in fair weather. As for those who are curious, and will be at the charge, they may procure the best water



for drink by distillation, either in an alembic, or in a cold still used in drawing any cold water from herbs; for no earthy or metallic substance, nor any kind of salt, will rise in distillation; so that the water so distilled will be pure and admirable to drink when cold, and will keep as long from stinking as any of the cold distilled water in the apothecaries' shops, according to what Dr. Quincy hath affirmed about it in his dispensatory.

Those who have not the convenience of distillation, may boil it a little, as they do for tea; for then, when kept a while after it is cold, it will become more fine, by suffering any mixture contained in it to settle to the bottom of the vessel wherein it is contained, and that will render it still more pure. In short, all water that will make a good lather with soap, is wholesome to drink without boiling, and none else.

[Rain-water, when obtained pure, is excellent for both cooking and drinking. It can easily be filtered if need be; and every family may have it in abundance, at a comparatively small expense, in erecting cisterns, etc., for retaining it.]

#### PAINS IN THE STOMACH.

Since the collecting together the fore-mentioned accounts, I have met with a book written by Dr. Boerhaave, the present professor of physic at Leyden, in Holland, who affirms, that drinking water, made very warm, is a good remedy to pacify griping pains in the stomach; and that it is proper to bathe wounds in the face with it, when they come to be just healed, so that the place be kept continually wet, which I conceive is best done by applying often linen cloths wet, and bind-

ing them on till they begin to dry, for this will prevent scars. And he saith, that warm water is better to attenuate, or thin the blood, than cold water.

[Boerhaave, the greatest physician of his time, promulgated the theory that fever is caused by a *lensor* (something cold) in the blood. Hence his recommendation of warm water. It was through Boerhaave's doctrines that the heating treatment in fevers and inflammatory diseases became adopted, and to the destruction of thousands upon thousands within the last century. So much harm the mistake of an honest man may do.]

#### FEVERS.

There is also published lately a book of experiments made with water, by Dr. Hancock, a divine, called *Febrifugum Mangum*; wherein he saith, that drinking a pint or a quart of cold water in bed, will raise a copious sweat, and cure all burning fevers, which at once taking hath done the business. It will raise a sweat without much more covering than ordinary. And he further affirms, that the same taken at the beginning of the cold fit of an ague, and sweating upon it, at two or three times taking will cure that distemper. A large quantity of hot water, I know, hath been advised to take off the cold fit of agues, but the party was not ordered to sweat. Which discovery of the reverend doctor about fevers, is confirmed by the following accounts, which I received from a worthy gentleman, Mr. Ralph Thoresby, F. R. S.,\* to whom they were transmitted by Mr. Lucas,

\* Author of *Ducatus Leodiensis*, or *Topography of Leeds*, which the learned Bishop of Lincoln, in his preface to the new edition of *Camden's Britannia*, styles an useful and accurate treatise.

a pious and learned gentleman of Leeds, in Yorkshire, who says :

“One Captain Rosier fell into a violent fever, which, as soon as he perceived, he said he must have some cold water. The gentlewoman at whose house he lodged, not thinking that proper, boiled the water (unknown to him) and put some spirits therein, and sent it up cold ; but he smelt it before it came to his head, and refused to drink it, saying, he knew what he did, for he had several times tried it. Afterward some clear water being brought, he drank it, sweat profusely, and was well the next day.

“Another captain of a ship also took the same method, when he, or any of his men, fell into a fever ; which had the desired success.”

Mr. Lucas adds, in another letter to the same gentleman, “that his own wife fell very ill of a fever ; she drank water, sweat very much, and thereby recovered.”

All which instances corroborate the new way of curing fevers, so lately discovered in this city, by Dr. Hancock ; who also saith, he has had long experience in curing common colds with cold water ; and this is done by drinking a large draught of water at going to bed, another in the night, and another in the morning ; which, he saith, will soon thicken, and sweeten, and digest that thin, sharp rheum, that provokes coughing to no purpose ; for the rheum, when thin, is hard to be brought up, but when thickened, it will come up easily, and the cough will soon go off. Which agrees with what I before affirmed from my own long experience.

He also affirms from his own experience, that using sometimes to take a walk of eight or ten miles in a



morning, he found that water gave twice as good breath for that purpose as wine or ale ; and if it would do this for a man who had no asthma, he doubts not but it would do the same in one troubled with one. And he also affirms water to be the best remedy for a surfeit, to the truth of which I can testify by long experience.

## RHEUMATISM.

He also affirms, that drinking cold water hath been found good in rheumatisms, and that to one so afflicted he had advised to drink it as he lay in his bed, and it took off the fit. But if hot water attenuates the blood most, as Boerhaave affirms, it is then best to drink of it warm daily to a good quantity ; for, as Pitcairn observes, it is then the best dissolver of all kinds of salts in the body, which it will carry off in the urine, if drank plentifully ; for by urine, salts are evacuated, as is evident by the taste.

[Warm water drank very freely is much better than none at all ; but cold water is the best, provided no violence is done with it. Those who are feeble, and have long been accustomed to hot drinks, may commence with warm water, gradually coming to the cold, which will not require a long time. There are multitudes of dyspeptic, nervous persons, in our country, who would, in a few months, experience an amount of benefit far exceeding their most sanguine hopes, if they would but take resolutely to water, excluding every other drink.]

## GOUT IN THE STOMACH.

And it is his opinion, from the long experience he hath had of the effect of water in keeping the stomach in order, and making it tight and strong to perform its operations, and digest all humors, that it will cure the gout in the stomach; and perhaps it may do it better than wine, which I have known to fail. And I do not wonder that the same liquor which is the principal cause of the gout in other parts, should not be a help in that part, but rather kill, as it often is found to do, though the strongest wine is drank.

In short, he affirms, and that with great reason, that sweating in fevers by drinking cold water, is more natural than to do it with hot sudorifics, which often do harm in the beginning of fevers, except good store of cooling, moistening liquors are drank with them, they being more apt to inflame than cool and quench heat in the body; and for that reason sweating hath not been often advised by physicians, because they were ignorant of this way of sweating to cure fevers, by drinking cold water.

Which cure, he said, did succeed in one who was his relation, at the fifth day after his falling sick; to whom he gave a dose of water after he was in bed, and he sweated profusely for twenty-four hours, and thereby was cured. Half a pint, he saith, is enough for a grown child: a pint to a man or woman, though if they drink a quart, it will be better. And in scarlet fevers, small-pox, or measles, though the water will not cause sweat, yet it will so quell and keep under the fever, that the eruptions will come out more kindly; which is a confirmation of what before was said about Dr. Betts' pre-

scribing two quarts of water, when the small-pox did not come out kindly ; the water affording matter to fill them up, according to what the author observes of a certain person, in the History of Cold Bathing (p. 347), that he could give an hundred instances where people of all ages have been lost by being denied drink in the small-pox ; for it hinders the filling of the pustules.

## PLAGUE.

And Dr. Hancock sets down an account of the author of the Free Thinker, concerning a woman, who, in the last great plague, fell ill of that distemper, who got her husband to fetch her a pitcher of water from Lamb's conduit : she drank plentifully of it, but did not avoid the cold, and so did not sweat ; however, she was cured. And he gives us another relation of an Englishman, formerly resident at Morocco, that fell ill of the plague at that place, and getting water to drink, fell into a violent sweat, and recovered : from whence he concludes, that water is good in the plague ; agreeable to what is related in Sir John Floyer's Book of Cold Baths, wherein it is said, that but two died of the plague who lived over the water upon London Bridge (p. 223), the coolness of the air being supposed to contribute to their health, who inhabited on the water in that manner, their blood being cooler than others : it is said, also, that watermen escaped better than others.

I will here add to what the doctor hath said before concerning the cure of fevers, that if the fever be accompanied in the beginning with any great illness at the stomach, nauseating or vomiting, it will be the surest and safest practice to clear the stomach first, by vomit-



ing with warm water, as before hath been directed ; for I cannot believe it possible for the stomach to be cleared from foul humors by sweating : it may do, if no great sense of disorder is perceived there, but it will certainly be safest to cleanse the stomach first, which is the place where all diseases are originally begun ; for then sweating with cold water afterward may turn to good account. Indeed I have not made any trial of it since the doctor's book was published, but I have a very good opinion of his account therein given concerning the benefit of water, having had so much experience thereof in my own practice for above forty years ; for so long it is since I first began to collect those accounts, and make those experiments, which are herein made public for the benefit of all.

And thus, for the common good of mankind, of all ranks and degrees, I have gathered together all the accounts I have observed in physic books relating to the use of common water in preventing and curing diseases ; to which I have added some experiments of my own, which by numerous trials I can warrant as sure and certain, especially that of curing any sickness in the stomach upon the spot, by vomiting with warm water : which is an experiment, that, if put into common practice, would prevent many thousand fits of sickness in a year among mankind, and also a great number of untimely deaths ; for it takes away the cause of all stomach sickness, which is the root or first beginning of most of the evils that afflict the body.

SOME RULES FOR PRESERVING HEALTH BY DIET, COLLECTED  
FROM AUTHORS OF PHYSIC.

In a little treatise, entitled, *Kitchen Physic*, written by Dr. Cook, the author declares, he can hardly be told of any disease which he cannot relieve or cure by a proper diet (p. 39). And in the same book we find his opinion to be this: that all tender, sickly people, and all aged and decrepit persons, ought to eat often, and but a little at a time, because weak and wasted bodies are to be restored by little and little; and by moist and liquid food also, rather than by solid, because moist and liquid diet does nourish soonest, and digest easiest.

Those, he saith, that eat much, and get little strength by eating, show that they have used themselves to too full a diet; and the more you cram such bodies, the less they thrive by it, but rather grow worse and worse: because, by much feeding, you do but add to the bad humors wherewith the body is already filled, which should rather be wasted by purging, and using a spare diet.

And a spare diet he describes to be this: that we never eat at once till the appetite is fully satisfied, and never to eat till we have an appetite; and men never have a true appetite till they can eat any ordinary food: and he adviseth to keep constantly to a plain diet; for those, he says, enjoy most health, and live longest, that avoid curiosity and variety of meats and drinks, which only serve to entice to gluttony, and so work our ruin.

Another faith, that the less food the sick person eats, the sooner he will recover; for it is a true saying, the more you fill foul bodies, the more you hurt them. The stomach being the place where diseases begin, when

that part therefore is weak, and out of order, and cannot make a good digestion when much is eaten, raw or crude humors then must needs be bred, and bad humors cannot produce good blood.

All men do find by experience, that in the morning before they have eaten, they are light and pleasantly easy in their bodies, but after they have indulged their appetites with plenty of food, they find themselves heavy and dull, and often sleepy : which sufficiently shows that those full meals are prejudicial to the welfare of the body ; for a moderate meal would have continued the ease and lightsomeness they before found in themselves, and would have refreshed any faintness that emptiness might occasion. And he certainly, who useth the most simple meats and drinks, avoideth the snare of provoking his appetite beyond the necessities of nature ; whereas variety enticeth to a fresh desire of every dainty, till at last the stomach is gorged, and made incapable of performing a good digestion ; and this produceth those crudities, which are the cause of all diseases, and of so many sudden deaths.

It is generally observed, that the most unhealthy are found among those who feed high upon the most delicious dainties, and drink nothing but the strongest and most spirituous liquors ; whereas, others who want this delicate fare, are seldom sick, except they have such unsatiable appetites as to eat too much, which a man may do of the plainest diet, whose belly is his god, as an apostle expresses it. But though men may glut themselves with coarse food, yet coarse food and long life are very consistent, as appears by John Bill, mentioned in the History of Cold Baths (p. 408), whose food was bread, cheese, and butter ; and drink, whey, butter-



milk or water ; and yet he lived one hundred and thirty-three years, was a strong, straight, upright man. And the food of John Bailes, whose age amounted to one hundred and twenty-eight, was for the most part brown bread and cheese, and his drink water, or small beer and milk (p. 416). He had buried the whole town of Northampton twenty times over, except three or four, and said strong drink killed them all.

Dr. Pratt adviseth to sup sparingly ; for to sup sparingly, he saith, is most healthful, because of the experience of an infinite number of persons who have received the greatest benefit from light suppers. For the stomach being not over-burdened, the sleep is more pleasant ; and from sparing suppers the breeding of those humors are prevented, which cause defluxions, rheumatisms, gout, dropsies, giddiness, and corruption in the mouth from the scurvy ; and from light suppers a freedom from sickness and retching in the morning is obtained, and concoction is made perfect, which prevents obstructions.

Another saith, it is well-known that many indispositions are cured by fasting, or a very spare diet ; for what is taken into the stomach being no more than can be well digested, the chylous juice, so rightly prepared, is conveyed into the lacteal vessels, and from thence into the blood : so that nature being duly supplied with well-concocted nourishment, the corrupted blood will free itself from that corruption in time, by throwing it out, through the pores of the skin, in perspiration, and supply itself with the purer juices ; and in this way, consumptions and scurvies, and other chronical distempers, will be overcome ; which way of curing diseases by fasting, swine do naturally betake themselves to,

who, when sick, will eat nothing till they recover, as they always do after they injure themselves by over-eating; in which they are imitated by all who delight in gormandizing or gluttony, though not in using the same means of recovery.

That men in health may prevent diseases, it was advised that one meal should not be eaten till the other, which was eaten before, was passed off clean out of the stomach, which never is done till the appetite of hunger is found to call for another supply: by means of which constant observation, the food will be converted into good chyle, and from good chyle, which is a milky substance, good blood will be bred, and from good blood generous spirits will be produced, out of which a healthy constitution will ensue; but, on the contrary, too great a quantity of food being taken for pleasure only, which the stomach cannot well digest, the chyle will be raw and corrupt, which will foul the blood, and render the body disorderly and unhealthful.

Others say that abstinence and sobriety free from most diseases, especially catarrhs, coughs, wheezings, giddiness, pain in the head and stomach, sudden death, lethargies, gout, and sciatica, an ill digestion being the cause of all these; it also prevents pain in the spleen, stone, and gravel, and a dry itch; it makes the body vigorous and nimble, maintains the five senses in a good state, preserveth the memory, quickens the wit, and queneth all undue lust in mankind; and, in short, all misers who eat and drink but little, live long.

Two meals a day is said to be sufficient for all persons after fifty years of age, and all weak people; and the omitting of suppers does always conduce much to health of the weak and aged, since if no supper be

eaten, the stomach will soon free itself from all tough, slimy humors wherewith it is slabbered over on the inside, and thereby the appetite will be renewed, and digestion made more strong and vigorous. Moreover, all that are troubled with sweating in the night, any ill taste in their mouths, belching and troublesome dreams, must avoid suppers; for in sleep the fibres of the stomach relax, and are not able to contract themselves so strongly as when awake, to embrace the food, and by trituration reduce it into a pap fit to pass out into the other bowels, called the guts, out of which the nourishment is sent to other parts.

[Three meals a day, in proper quantity, are doubtless better than two. If those persons who eat but twice per day, would divide the same amount of food into three parts, taking the meals as nearly as might be at six, twelve, and six of the day, they will find it a better mode. But it must be acknowledged there is here a greater liability to take too much food.

Some persons have adopted the plan of eating but once in twenty-four hours, and are said to enjoy good health from such a practice. But we cannot regard this as a good one, for the most healthy desire food as often as three times a day. Three times a day, we have come to the conclusion from study and experiment, is the best general rule.]

It was said by Dr. Curtis, that though those who use a spare diet cannot well bear long labor, yet such people, when their exercise is suitable to their strength, do live longer than those of a robust constitution, that think large feeding adds strength; especially such as being strong, use no exercise proportionable to it, to consume the superfluities which a full feeding doth occasion; so



that the only way for those to live long who have much wealth, and need not labor for a livelihood, is to live temperately; and this temperance doth consist in not letting the common custom of meals invite you to eat, except your appetite concur with those times. We must not indulge the cravings of a depraved appetite, as those do who eat to please their fancy, and not the necessities of nature; and when we do eat, we must not think that the more plentifully we eat, we shall be more strengthened, for it will not prove so; a little well digested will make the body stronger, than the being glutted with superfluity, most of which will be turned into a corrupt juice, and must be cast out by physic, or else sickness will ensue, and the easiest physic is that which the Germans call the hunger-cure, if continued a due time.

It is the opinion of learned men, that the early distemper of the bodies of children, called the rickets, proceeds from the fault of their mothers, in making them gluttons from their cradles, gorging them with food till they loath it, out of a mistaken opinion that this is the way to make them thrive and grow strong; which excess is not only the cause of this disease, but of the immature death of many; and in others it lays the foundation of many distempers, which afflict those afterward who live to the years of maturity; and as they gorge them with food, so they vainly think to cherish them with strong drink, than which nothing can be more pernicious to the health of children, whose diet should be little and often, and their drink cooling. As it also should be when men arrive at the time of becoming children again in old age; that is, in an helpless state, which should be prevented as much as can be, by a cooling, moistening diet, in opposition to the hot, and

dry, and withered state of age; for it is heat and dryness that are the cause of most old men's miseries, especially the wasting of the substance that fills the parts with moisture, and keeps the body plump and smooth; they who style wine the old man's milk, being greatly mistaken, for milk cools, and wine heats.

It was the opinion of Dr. Pitt, who was formerly physician to St. Bartholomew's Hospital, that fasting, rest, and drinking water, would cure most diseases; and there seemeth to be a great deal of reason in what he asserted. For fasting will give time to the stomach to unload itself of the cause of distempers, the cause of all diseases being begun in that bowel only; to which cleansing, the drinking of water plentifully will much contribute, which also will keep the action of the stomach upon the hinges, by filling of it when empty, at which time there will be need of rest, for thereby the body will be less fit for business: though the mere drinking of water, which affords nourishment sufficient for the growth and support of all vegetables, will, in some measure, supply the want of food, as hath been shown in the example of two, who were supported a long time by nothing else. In short, the best way for a sick man to recover, is to eat little or no food till he finds an appetite, according to that saying,

"Spare diet will the most diseases cure,  
If a due time you can the same endure."

And fasting from food may be continued long enough to be a remedy for many diseases, with the assistance of common water: by drinking of which warm, in a due quantity, without a total fasting, two persons, I am informed, were recovered out of consumptions, with which

they were extremely weakened, and that in about six weeks' time ; as was another by drinking milk and whey, equal parts, made blood-hot, without using any other diet, which is thought to be far more effectual than asses' milk, whose virtue consists in being thinner than other milk.

But besides a spare diet, cool, dry air is also very helpful to preserve men in health, who are not sick, for it mixes with the blood, and without it the motion of the blood and spirits can never be preserved, as appears by diving vessels, in which men cannot live when the air therein is made hot by their own body and breath : and is proved, also, by an experiment of Dr. Croone's, who stifled a chicken, till it seemed quite dead ; and yet by blowing cool air into the lungs, with a small pair of bellows, it revived. Hence it appears, that the common custom of managing sick people is very pernicious, and so far from helping them to recover, that it is sufficient to make a healthy person sick ; for were a person, who was not sick, confined for three or four weeks in a room, made hot like a stove, and kept in his bed, with the curtains drawn, and all the windows close shut, and the room made unpleasant with the nauseous fumes of physic, and a close stool, which will almost make a fresh man sick when he just enters into it ; we can never think that this is the way to recover one that really is sick, and wants the fresh air and reviving scents to cherish his blood ; a fresh, open, sweet air being one principal means to strengthen the body, make a good appetite and digestion, and render the spirits brisk and lively : which advantage should be allowed to all but child-bed women, and those who are afflicted with the small-pox ; for the fresh air can be prejudicial to no other, whose



bodies are clothed warm, either in bed, or sitting in a chair in their chamber.

Some years since a neighbor became very feverish, and his wife persuaded him to go to bed; and hearing of it soon after, I gave him a visit, where I found the windows close shut, the curtains of the bed drawn, and the room very hot, for it was in July: he was burning hot, and complained for want of breath. I drew open the curtains, covered him warm, and then opened the windows, and the wind blew into the room; upon which he soon told me, his shortness of breath had left him. I persuaded him to drink some water, which he found did much refresh him; and after I had taken my leave of him, he called for more water: and while he had the cup in his hand, an apothecary came in, whom his wife had sent for, who, finding him about to drink the water, told him, if he did it he was a dead man; but instead of forbearing, he drank it up in his presence: upon which the other took his leave, and told him, he would say no more to him. However, before night, the person got up, went abroad, and was cured of his fever; which is one instance, among many others that might be given, of the benefit of fresh air to a person who is kept warm in his bed; for thereby his body was cooled inwardly, and his breathing made more free, by the air which was drawn into his lungs to refresh and comfort the blood as it passed through them.

I shall only add, that by keeping the blood cool as well as clean, is to be understood, not only moderation in diet, but to feed most on cooling food made of wheat, barley, oatmeal, rice, and ripe apples, as also on milk; which, joined with oatmeal, is the chief food of those lusty and strong men, the Highlanders of Scotland, who

abound in children, as Dr. Cheyne tells us, in his *Treatise of the Gout* (p. 108, edit. iv.), which demonstrates milk and oatmeal to be a most strengthening food, and such as keeps the blood in due order; so that therewith men may subsist, though they abstain from beef, pork, and venison, and all other meats hard to digest, and drink water as the Highlanders do: of the efficacy of which cooling milk diet, the said Dr. Cheyne gives a notable instance in a doctor that lived at Croyden (p. 103), who had long been afflicted with the falling-evil; for, by slow observation, he found the lighter his meals were, the lighter were his fits. At last he also cast off all liquids but water, and found his fits weaker, and the intervals longer; and finding his disease mend, as its fuel was withdrawn, he took to vegetable food and water only, which put an entire period to his fits without any relapse: but finding that food windy to him, he took to milk, of which he eat a pint for breakfast, a quart at dinner, and a pint for supper, without fish, flesh, bread, or any strong or spirituous liquor, or any drink but water, with which he lived afterward for fourteen years, without the least interruption in his health, strength, or vigor, but died afterward of a pleurisy. Which is a confirmation of what Dr. Cook did affirm, of the possibility of curing diseases by diet only that is temperate and cooling.

In short, temperance or a spare diet, void of dainties, never was injurious to the strongest constitution, and without it, such as are weak and sickly cannot long subsist; for the more such persons eat and drink, the more weak and disordered they will still find themselves to be: so that if the strong despise temperance, yet the comfort of weak, sickly, and pining people, does depend

entirely upon their constantly observing it ; which, when they are accustomed to it, will be easy to do : so that they will deny all intemperate desires with as great pleasure, as they before did delight in what is falsely styled good eating and drinking ; for nothing of that is good which is injurious to health ; it is custom only that makes men hanker after gluttony and drunkenness, and a contrary custom will make men abhor it as much. And therefore it is a wonder the rich do not strive to attain to it, for

“ A fatal error 'tis, in men of wealth,  
To feed so high as will destroy their health.”

Temperance being that which will enable them to live most at ease, and enjoy their wealth the longest ; this, and water-drinking, being the surest way to bring men to old age, though it hath not power to make the aged young.



## APPENDIX

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### INNUTRITIOUS MATTER IN FOOD NECESSARY TO HEALTH.

It is a well ascertained law of the animal economy, that food, to be healthy, must contain a considerable portion of matter that is wholly indigestible and innutritious. Thus, Magendie, the physiologist, found that dogs, fed upon sugar, gum arabic, butter, olive oil, and some other articles of rich or concentrated nature, each given to the animals separately with pure water, they very soon lost their appetites, began to droop, became emaciated, were attacked with ulcers, and died, invariably, within the space of four or five weeks. Fed upon superfine flour-bread and water, they lived uniformly about seven weeks, varying only a day or two. When fed upon coarse or military bread, such as contained either the whole or a considerable portion of the bran, the dogs thrived perfectly well, and were found in no respect to suffer. The same truth has often been illustrated upon ship-board at sea. In many cases, where the hay and straw were swept overboard, it has been found that the animals, in a few days, famished, unless some innutritious substance, as the shavings of wood, was mixed with the grain given them. The animals have been observed to gnaw at the spars and timbers, or whatever wood they could lay hold of; and thus the idea was suggested, that the grain alone was of too rich a nature for their sustenance.

The same principle holds good in reference to the health of the human body, and as a general fact, food,

in civilized life, is of too concentrated a quality. This is particularly true in those parts of the world where an abundance can be had; in other words, in the more civilized and enlightened parts of the world. A host of diseases, both acute and chronic, are either caused or greatly aggravated by concentration in food. Indigestion, with its immense train of evils, constipation, loss of flesh, corpulency, nervous and general debility, torpor, and sluggishness of the general system, are the principal roots of all disease in the human family, and these are among the difficulties caused by too great richness in food. Children are often injured in this way. Mothers, in their kindness, think nothing too good for their little ones. In many parts of our country, the infant at the breast is taught to suck at its piece of pork, or other fat meat. Sugar, sugar candy, sweetened milk, superfine bread, and rich pastries, are all given for the same reason, by mothers and nurses in their mistaken kindness. Children reared in this way can never be healthy for any considerable length of time, are generally very puny and weak, and often die within two or three years of birth. Scrofulous and other ulcers are frequently thus caused, and so also those derangements of the stomach and bowels, which so often, in spite of the best remedial means, sweep these little sufferers from their earthly existence, and this at the very time when their growing mind begins to gladden the parent's heart. There is great and prevailing error upon this subject, and happy are those parents who take it upon themselves to gain wisdom in this most important matter of food.

Sedentary and studious persons, and especially young ladies at seminaries and boarding-schools, suffer much

from the effects of superfine bread, and other forms of concentrated food. Constipation, which is always attended with unpleasant results, is very common among this class of persons, one of the greatest causes of that state of health being too great richness in food.

The effects of superfine flour were strikingly illustrated in the case of a crew of seamen belonging to Providence, R. I. The narrative we quote from Graham's Science of Human Life, and is as follows :

"Captain Benjamin Dexter, of the ship *Isis*, belonging to Providence, R. I., arrived from China, in December, 1804. He had been about one hundred and ninety days on the passage. The sea-bread, which constituted the principal article of food for his hands, was made of the best of superfine flour. He had not been long at sea, before the men began to complain of languor, loss of appetite, and debility. These difficulties continued to increase during the whole voyage, and several of the men died on the passage, of debility and inanition. The ship was obliged to come to anchor about thirty miles below Providence; and such was the debility of the hands on board, that they were not able to get the ship under way again; and the owners were under the necessity of sending men down from the city of Providence to work her up. When she arrived, the owners asked Capt. Dexter what was the cause of the sickness of his men, to which he answered, 'The bread is too good.'"

Cases of a similar kind have elsewhere been known to occur. Sailors, the world over, are generally furnished with brown sea-bread, much to the advantage of this useful class of men, did they but know it; and their health is proverbially good while they are away



from the temptations upon land. These hardy, weather-beaten men are subjected to many healthful influences other than the use of coarse bread, but, on the whole, their dietetic and other hygienic habits need greatly to be improved; still, compared with the mass of mankind, they are remarkably healthy.

Every one who is aware of the importance of a certain degree of innutritiousness in food, must lament many of the so-called improvements of modern times. Who can think of the good dishes our New England mothers used to prepare, homely and plain, as the fastidious would now consider them to be, and not desire earnestly that such days of simplicity might again return to us? As things are, if a person travels from home, or visits among friends, almost every dish that is set before him is of a form so concentrated as to be positively injurious. At the best hotels and boarding-houses, upon the floating palaces that glide upon our waters, and in our splendid ships that traverse the seas, the evil we speak of is generally prevalent.

#### POTATOES A PREVENTIVE AND CURE FOR SCURVY.

Much has been said of late, in France and England, of the value of this vegetable in the prevention and cure of scorbutic disease, administered several times a day in its *raw state*, but scraped sufficiently fine to make it digestible. It seems to have been amply tested among the seamen of the French navy. In the United States army, this is no new remedy in scorbutus. Thus, in the first quarter of 1821, there were sixteen cases reported at Fort Crawford, Prairie du Chien, of which two terminated fatally. The medical officer, in his report, ac-

cording to the "statistics of the United States Army," speaking of the employment of "*raw potatoes and vinegar*," says: "I selected four or five of the worst cases, which had received no alleviation from the use of the nitre and vinegar, and directed each one to eat, per day, a common soup-plate full of the potato, sliced down in a sufficient quantity of vinegar. It had an immediate effect on the stomach, which recovered its natural vigor; the bowels became regular, the pains abated, the stricture of the tendons was overcome, the ulcers put on a healthy aspect, and in a few days the patient found himself in a happy state of convalescence."—*The New York Journal of Medicine for July, edited by S. Forry, M. D.*

POTATOES AS A DIET—EXPERIMENTS AT THE GLASGOW  
BRIDEWELL, IN 1840.

*Breakfast.*—Eight ounces of oatmeal made into porridge, with a pint of buttermilk.

*Dinner.*—Three pounds of boiled potatoes with salt.

*Supper.*—Five ounces of oatmeal made into porridge, with half a pint of buttermilk.

Ten prisoners, five men and five boys, were placed upon this diet, having been previously examined relative to their health, and weighed. They were employed in light work, and under sentence of confinement for two months. At the beginning of the experiment, eight were in good health, and two in indifferent health; at the end, all were in good health, and they had, on an average, gained more than four pounds each in weight, only one prisoner, a man, having lost in weight. The greatest gain was nine pounds four ounces, and was made by one of the men; the prisoner who was re-

duced in weight had lost five pounds two ounces. *Cost*, including cooking, 2½d. It was found by experiment, that baked potatoes were far less nourishing than boiled, the prisoners losing, on an average, 1½ pounds weight, instead of gaining, though in all other respects the diet was the same as in the former experiment. The addition of a quarter of a pound of meat to the diet did not add to their weight; on the contrary, the prisoners lost, on an average, 1¼ pounds. The results were not more satisfactory when the quantity of meat was increased to half a pound at dinner. In an experiment upon the same number of persons, the diet consisted as follows:

*Breakfast*.—Two pounds of potatoes boiled.

*Dinner*.—Three pounds of potatoes boiled.

*Supper*.—One pound of potatoes boiled.

At the beginning of the experiment, eight were in good health, and two in indifferent health; at the end, the eight continued in good health, and the two who had been in indifferent health had improved. There was, on an average, a gain in weight of nearly 3½ pounds per prisoner, the greatest gain being 8½ pounds. Only two lost in weight, and the quantity in each case was trifling. The prisoners all expressed themselves satisfied with this diet, and regretted the change back again to the ordinary diet. On the whole, these experiments prove that prisoners may be kept in good condition at a very moderate expense, the cost not exceeding 6d. per day, when fed as above. Indeed, we know, from an experiment conducted on a still larger scale in Ireland, that potatoes and milk, with a little oatmeal, are sufficient for healthy nutrition.—*Fifth Report of the Inspectors of Prisons in Scotland, by Frederick Hill, 1840.*



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